

Horse racing industry in a 'fight for survival.'

See News, Page 7A

SEASONS GREETINGS

The Warrior wrestling team wins the Springfield Tournament.

See Sports, Page 1B

Granite City Journal

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Volume 17, Number 101

Wednesday, Dec. 22, 1993

4 Sections 32 Pages

MESD expects layoffs after first of year

By Mike Myers
Staff writer

Although the Federal Emergency Management Agency gave the Metro East Sanitary District \$215,000 in reimbursement payments this month for the Great Flood of 1993, the MESD is still owed more than three times that much.

Other than federal reimbursement payments, the MESD cannot expect any income until the property tax payments start coming in next summer, so MESD President Shang Greathouse said MESD employees can "almost certainly" expect layoffs after the first of the year.

"I kept saying that the time would come when fighting the (Mississippi River) flood would look like child's play compared to fighting the federal government to get our money back," Greathouse said Monday.

"There were three FEMA guys from Colorado here going over everything and they cut a little. Then three guys from Pittsburgh came and they cut a little bit more. They owe us a

ton of money and are in no hurry to pay us back."

Greathouse said the MESD spent "well over a million dollars" for FEMA reimbursable expenses during the record flooding this summer on the Mississippi and Missouri rivers. The paperwork for the reimbursement application is more than three feet thick, Greathouse said, "and still every time you turn around FEMA wants something else."

"We're already only getting 90 percent reimbursement, so every little cut hurts us," Greathouse said. "It's nothing I wasn't expecting — you know that's the way the feds always work — but that doesn't make it any less frustrating."

Greathouse said the MESD currently has no workers laid off and the MESD will "sweat it out" through the holidays.

"I've been criticized in the past for laying off workers during Christmas and New Year's, but really I don't think there is any good time to be laid off," Greathouse said. "Or if there is, (See MESD, Page 6A)



(Staff photo by PAM DOEPKE-HURD)

Merry Christmas — More than 225 gift-wrapped presents were brought to the Granite City mayor's annual Christmas reception Dec. 13. From left are Carolyn Sanders, Catholic Charities; Mayor Ron Selph; Lt. Tim Miller, Salvation Army; Jim Reynolds, Protestant Welfare;

and Sandra Kimbro, St. Elizabeth Medical Center Social Work Department. The gifts were equally divided among the four local charities along with money that was donated and will be distributed to local underprivileged children for Christmas.

Partnership School-business plan offers jobs to graduates

By Bob Slate
Staff writer

A program designed to stimulate cooperation between private business and public schools in the training and employment of Granite City students is getting a boost.

While the School Board adopted the "Partnership for Excellence in Education" program last year — the ultimate goal of which is to employ more local graduates locally — business leaders are now willing to make a commitment to the program, a businessman said last week.

"We had hoped to get the ball rolling last year, but sometimes this kind of program takes time," said Bob Maxwell, manager for public relations for Granite City Steel and a business leader spearheading the group.

"Public education, in general, is often criticized by business. This is an example where business is standing up for students and working hand-in-hand with the schools," said School Superintendent Steve Balen.

Sonya Adkerson, assistant principal at the high school, who is also working on the program, used a favorite story to exemplify the sometimes critical attitude business has toward public schools.

The story is about a little boy playing with his dog in the yard. (See PLAN, Page 6A)

Venice council OKs higher levy

By Mike Myers
Staff writer

A property tax levy that will raise the tax rate by 34 cents was unanimously approved Monday by the Venice City Council, but a proposal to levy a special tax to purchase police cars was dropped.

The aldermen approved a 1993 real estate tax levy of \$80.045 that will result in an estimated tax rate of \$3.70 per \$100 of assessed valuation, 34 cents higher than the 1992 rate of \$3.36.

A proposal for a special property tax levy to raise \$18,000 toward the purchase of three police cars was dropped in favor of a proposal to increase the city's 3 percent utility tax — covering gas, electricity, water and telephone use — to 5 percent.

An ordinance establishing the increase will be ready for approval at the Dec. 28 City Council meeting.

"I think this is more fair because it hits everybody," said Mayor Tyrone Echols. "We should not keep whipping up on property owners."

Echols said Venice property owners whose property is in the Madison School District are already facing a major property tax increase this year and they, especially, deserve a break from the city.

He said the residents of the many rental properties in the city and the three federal housing projects are not touched by property taxes, but would have to share the load in a utility tax increase.

"We're only talking a couple dollars each," Echols said. "But (See VENICE, Page 6A)

Stores hit by robbers

By Bob Slate
Staff writer

Metro East law enforcement authorities are investigating the possibility that several armed robberies of convenience stores over the weekend are related.

Police in Granite City, Pontoon Beach and Fairview Heights all reported armed robberies with similar details over the weekend.

A suspect arrested Sunday night in Swansea — shortly after a robbery in Fairview Heights — had not been charged Monday night but was being held. He was driving a red and white Ford Mustang that police believe was used in the Pontoon Beach holdup.

A police lineup was scheduled for Tuesday.

A description of the two suspects, the car used in the rob-

beries and some details of the crimes have authorities investigating the possibility that the crimes are related.

Sgt. Jeff Parker, the detective handling the Granite City robbery, said that he is also pursuing other strong leads in his case.

"If their MO is to go out and do a whole bunch at one time, then the robbery here may not be related. We were the only ones hit Friday, as far as I know. I have developed some strong leads, but I won't rule out the possibility (that the robberies are related), either," Parker said.

The first reported robbery took place at about 10:30 p.m. Friday at the Clark Service Station at 3051 Washington Avenue in Granite City. About \$250 in cash and 14 cartons of cigarettes were

(See ROBBERIES, Page 6A)

More emissions tests called waste

SPRINGFIELD — Expansion of the state's tailpipe-testing program would be a "flagrant waste of taxpayers' money," according to one Downstate lawmaker.

But it may be the only way to stave off a loss of \$700 million in state highway money, according to the state Environment Protection Agency.

Sen. Frank Watson, R-55th District, said he hopes Metro East residents will flood the U.S. EPA with letters demanding it back off demands for increased emissions testing.

The federal agency has threatened to invoke sanctions under the U.S. Clean Air Act and take away the Illinois highway money unless the state toughens its requirements to prevent smog.

Elizabeth Tracy, manager of the Illinois EPA vehicle inspection and maintenance program, said the agency will lobby again for tailpipe legislation when state lawmakers return to session Jan. 12.

"We're hoping it does pass at that time," she said. "It appears they (legislators) are

The EPA is 'blackmailing Illinois to enforce a costly program that would not improve air quality enough to justify the expense or the inconvenience.'

— Frank Watson
State senator

coming around to realizing this will have to be done and is a federal mandate. ... We're hoping (the EPA) does not impose sanctions before then."

She noted, however, that the federal agency recently backed off threats to withhold federal highway funds to California after that state failed to adopt an expanded testing program.

Watson contends air quality in Madison and St. Clair counties is already improving and that the EPA is "blackmailing Illinois to enforce a costly program that would not

improve air quality enough to justify the expense or the inconvenience."

Emissions testing is already required for car owners in Alton and Wood River towns and areas surrounding Granite City and East St. Louis, but expanded testing would include other communities such as Godfrey and Edwardsville.

Watson said adding another 181,000 Metro East vehicles to the program and expanding requirements would cost the state an extra \$20 million to \$40 million a year and cause

(See TESTING, Page 6A)

Flood photos still sought

The Journal is still seeking photographs chronicling the people of the "Great Flood of '93." See Page 2A for details on submitting photographs for publication in a commemorative book.

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In the Journal

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The Great Flood of '93

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When photo taken _____

Where photo taken _____

Names of people in photo _____

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The attached photograph is included for publication in the "People of the Great Flood of '93" (sign below)

Book to chronicle Great Flood of '93

The Suburban Journals continues to seek photos of the Great Flood of '93 in order to publish a commemorative book chronicling the event. The hardback book will feature the people of our communities who struggled to fight back the rising waters.

Hundreds of photographs will fill the book. Many will come from readers. To completely depict the emotions and efforts during the historic event, the journals are seeking photographs taken by you.

Prints may be black and white or color and should illustrate the theme of how people were affected by the flood. Photographs which include people have a better chance of publication in the book.

The accompanying coupon must be included with each photograph submitted. All submissions must be postmarked by Jan. 14, 1994, to be considered for publication.

Not all photographs will be

used. They will not be returned regardless of inclusion in the book.

The Journal will inform readers whether their photographs are to be published prior to distribution of the book. If published, the photographer will receive a 50 percent discount coupon on the book and will receive credit.

The book will sell for \$29.95 plus \$5 shipping and handling prior to delivery which is planned in early April 1994. After early April, the price for each book will be \$29.95 plus \$5 shipping and handling.

Details for ordering the book will be published in future issues of the Journal.

Please mail all photograph submissions to:
The Great Flood of '93
South County Publications
4210 Chippewa St.
St. Louis, Mo. 63116

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Health department plan falling short

By Shay Wessol
Staff writer

A plan to put a referendum for a Madison County health department on the March ballot apparently will fall short.

Despite three months of effort by officials, citizens and civic groups, county officials were doubtful Monday that they would reach, by today, the needed 11,500 signatures on petitions to put the issue on the ballot.

The county's deadline for accepting signatures is today, although the final deadline the County Clerk's office will accept signatures is Dec. 27.

As of Monday, petition coordinator Debbie Groeteka had about 4,000 signatures in hand. "I think it's probably a long shot at this point," Groeteka said. "I expect to get quite a few petitions in during the next few days, but I don't think we'll get 7,000."

Robert Stille, D-Edwardsville, who chairs the county's Health Institutions Committee, said he expected, at best, to get about half of the necessary signatures.

"We've had a lot of people refuse to sign the petitions, and I think they're saying they don't want a health department if it means for taxes," Stille said. "I think everyone who was circulating the petitions had the same problem."

He said the primary reason for the lagging effort was a fear by

residents that the measure would mean an additional tax burden. The referendum would call for a tax increase of up to 10 cents per \$100 assessed valuation to finance the new department, meaning that the owner of a \$50,000 home would be paying about \$16 a year.

But officials have said a more realistic rate would be about 4 to 5 cents per \$100 assessed valuation.

State law, however, requires that the wording use the 10-cent figure.

Though county officials have no contingency plans in the event the petition drive fails, Stille said the health department issue would stay with the board "like a bad penny."

Stille said officials in northern Kane County, where a health department was approved by referendum, had to circulate petitions three times before netting enough signatures to reach the ballot.

Restaurant inspections are one of the main functions health departments throughout Illinois perform. Madison County, which is the largest county in the state without a health department, has no restaurant inspections, a situation that caused concern among some County Board members when summer flooding cut Alton's water supply and forced many restaurants to close or use trucked-in water. Some county officials have discussed hiring an inspector if the petition drive fails. However, no money was set aside in the 1991 budget for such a position. Fees for restaurant inspection, however, could be used to pay the inspector's salary, officials have said.

No formal proposals are expected until January at the earliest.

Argosy eyes Kansas City as site for 'old' riverboats

SPRINGFIELD — Illinois' first two riverboat casinos could end up as the first betting boats in the Kansas City metropolitan area under the ownership of Alton's Argosy Gaming Co.

Argosy officials announced last week they have reached an agreement to buy the Par-A-Dice riverboat casino in East Peoria. That boat was launched in November 1991 as the state's second floating casino.

The owners of the 1,200-passenger Par-A-Dice, a paddlewheel-style boat completed in August 1991, earlier announced they were building a new 1,500-passenger boat for East Peoria.

The original Alton Belle, Illinois' first floating casino, launched in September 1991, is in Riverside, Mo., where Argosy is seeking a Missouri casino license. Riverside is two miles from downtown Kansas City.

Argosy spokeswoman Norma Belloff said the company wants to operate both the 500-passenger Belle and the Par-A-Dice in Riverside.

She noted the Missouri Gaming Commission recently announced it

was considering licenses for four applicants, one in St. Louis, one in St. Charles, one in St. Joseph and the Argosy proposal for Riverside. That would give Argosy the first boats in the Kansas City metro market.

Belloff would reveal no numbers but said the purchase price for the Par-A-Dice will depend on how soon the boat is delivered. The owners of the Par-A-Dice listed its total equipped cost at almost \$15 million when the boat opened in 1991.

In addition to allowing Argosy to move quickly into the Kansas City market, the East Peoria boat may be moved to other future Argosy gambling locations when boats are down for service, Belloff said.

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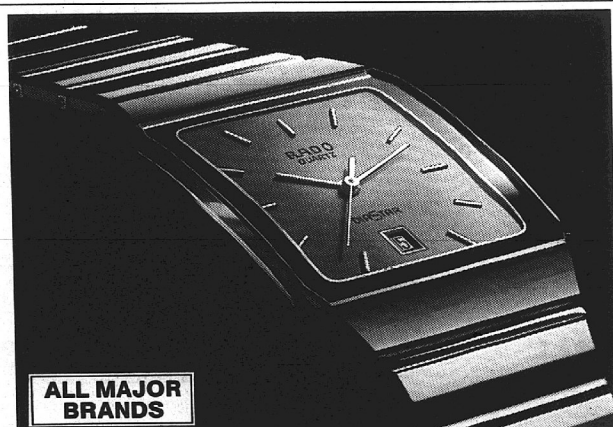
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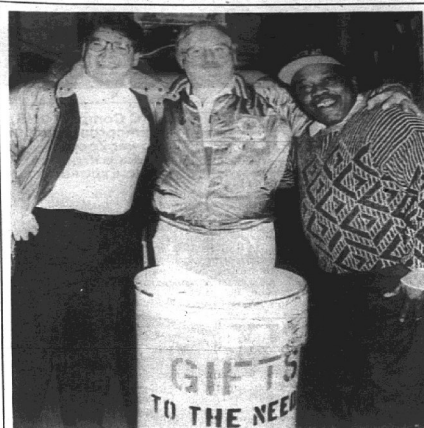
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Laclede cites contract as high point



(Staff photo by PAM DOEPKE-HURD)

Food and toy drive — The employees of Spectrolite Consortium Inc. in Venice are having their annual food, clothing and toy drive for underprivileged families in the Quad City area. Last year, 25 families were helped by the employees. From the left are Chris Barnes, director of operations; Donald Devany, president, United Steelworkers Local 4804; and Victor Valentine Sr., founder of the drive.

Laclede Steel Co. President John B. McKinney touted the company's labor union contract in Alton as the firm's highlight of the year.

Telling stockholders at the company's annual meeting in St. Louis that the United Steelworkers union began with unrealistically high demands, McKinney revealed some details of a plan to keep operations going in the event of a strike.

"Ultimately as our plan took shape, we became convinced that we could maintain a high level of operations during a work stoppage," McKinney said in prepared remarks to stockholders Dec. 14. "Based on the final results of negotiations, I believe the union also became convinced of this."

The company and United Steelworkers of America Local 3643 agreed to a four-year pact Oct. 1 that preserves a minimum 800 jobs — about 300 fewer than exist now — and allows workers to move from unprotected jobs into protected positions through retirements and other voluntary vacancies, which will mean few long-term layoffs.

"Clearly, we view our success in the 1993 labor negotiations as the highlight in a year of many accomplishments," McKinney said. "Our new contract with the Steelworkers at the Alton plant will cost us less than \$4 million in total over its four-year term, as opposed to the approximate \$40 million increase in costs we would have incurred if we agreed to the union demands."

Local 3643 President David Tindall said he was disappointed in the tone of McKinney's comments and questioned some of the figures McKinney used.

"We didn't see negotiations as us against them," Tindall said. "I think we did the responsible thing. We're not ashamed of what we did."

"I'd quarrel with the \$40 million figure. Our demands were nowhere near that. The biggest thing we asked for was an increase in pension benefits that would have cost about \$11 million (in the contract period)."

"They said they couldn't afford it and we brought in our financial people to look at it and they determined the company could not afford it, so we dropped it."

The company had stockpiled steel in the months leading up to the Sept. 30 expiration of the last contract and made other plans to continue operations, including importing steel, if an acceptable contract could not be reached, McKinney said.

The company has seven non-union finishing plants that are supplied by the Alton facility. "Our plan included continued production of semifinished steel at the Alton plant utilizing management personnel," McKinney said. "We also arranged for sources to purchase offshore steel to feed these (nonunion) plants."

Since 1983, when 2,900 Steelworkers were employed in Alton, the company has attempted to move most labor-intensive work

to the nonunion plants where pay is based on incentives and the plants are free of "complicating work rules," McKinney said. Laclede's hourly labor cost in Alton is \$32 an hour, including benefits, which is about twice that at the nonunion plants, where Laclede has about 500 manufacturing jobs.

In another matter at the Alton plant, McKinney said the manufacturer of a \$22 million high-temperature metals recovery furnace conceded it was unable to meet a contract requirement to get the facility to recover zinc when disposing of metal-laden dust created as a byproduct of

the steelmaking process.

Recovering the prime western zinc was a key element of the furnace because the proceeds from selling the zinc were supposed to cover the furnace's operating costs.

The furnace can still be used to dispose of the electric arc furnace dust — considered a hazardous waste because of lead and cadmium content — but Laclede negotiated a \$13.6 million refund from Elkem Corp., the plant's manufacturer.

Laclede has 140,000 tons of the dust stored in Alton that was to be burned in the furnace that reaches 3,000 degrees.

The Millennium

When Magenta's (1) borders run with blood,

The restored kingdom God did build,

Darkness, mayhem, murder — could not last,

Prince of Peace came conquering fast.

God's certain, unyielding, cycle run,

Till universe could see the "Sun."

"The lion did eat straw like the ox,"

Peace reserved for those in God's box.

Without the walls of God's own heaven,

Armageddon (2) — men all seen,

Incensed with hatred, lusting for blood.

Earth, they did paint, with bright red flood.

Like a sea of waters came God's own word,

Cov'ring earth, till all had heard;

Of Seven-headed Beast, and Great Whore,

But, now my brother, all 'tis over,

Back to the dark prisonhouse of Whore (3),

Came rushing souls to Shinar's shore;

As "Thousand Years," for a symbol meant,

Was but a hundred (4), — that all spent.

(1) Magenta, June 4, 1859, and Sollerino, June 24, 1859; were in the "same hour" (July 1859) that the Millennium began. Rev. 11:11-13.
(2) Battle of Megiddo, Oct. 29, 1918; see Edmund Allenby in encyclopedia, British defeat Turks.
(3) July 1959, Thousand Year church denied its roots at the Denver International Convention.
(4) July 1859, July 1959.

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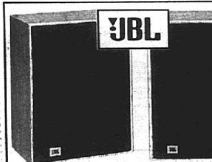
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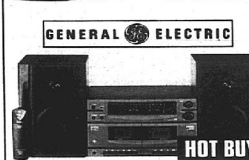
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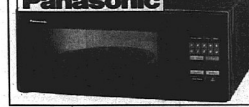
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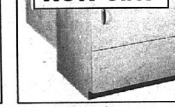
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'A fight for survival:' Horse racing industry worried about competition

SPRINGFIELD — The Illinois horse racing industry, saddling up for a race for survival, wants a piece of the riverboat gambling jackpot.

Participants in a workshop, part of a state Agricultural Summit Conference, said that if riverboat gambling expands into the Chicago area, racing must get part of the payoff to survive. Participants endorsed a bill that would reserve two of the proposed five riverboat casinos in Chicago to be licensed to existing Illinois tracks. Revenues would be dedicated to higher

purses for the horse owners. People in the workshop agreed that the horse racing industry cannot simply oppose expanded riverboat gambling, as in the past, but must get in on the legislative negotiations to get a piece of the pie. Pat Whitworth, who raises racehorses at a farm in Madison County, said she fears the continued impact of riverboat gambling could end racing at Fairmount Park in Collinsville. She is secretary of the Illinois Thoroughbred Breeders and Owners Foundation.

She said racing at Quad City Downs racetrack in East Moline may be canceled because owners have said casino gambling caused a drop in track betting revenue of as much as 40 percent in one year. Fairmount's betting handle has dropped by 20 percent since the start of riverboat gambling in Alton and East St. Louis. "What we have here is a fight for survival," Whitworth said. She said horse racing is still one of the largest agricultural industries in Madison County, employing several hundred, but

the industry could be in jeopardy after casinos open in St. Louis. Fairmount Park provides about 300 jobs directly, she said. Reynolds said if the industry can survive the current threat of expanded casino gambling, it could become a national leader in providing thoroughbred horses.

Because of the state's Central time zone location, simultaneous telecasts of races here can be conveniently picked up at tracks and off-track betting parlors on both the East and West coasts, Reynolds said. Besides those directly involved in breeding and raising horses, the industry provides

agricultural jobs through production of hay and other feeds, Whitworth noted. However, Whitworth and others at the conference suggested racing supporters should consider an alternative if the current plan dies in the Legislature. — From the Alton Telegraph

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Bill Seibel

Hunting license makes a great Christmas gift

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IN MISSOURI, THIS combination permit costs \$14. When you consider that it is a ticket for 365 days of outdoor fun, it's downright economical. Starting with January, you can head for the deep, clear southern Ozarks lakes for some winter fishing. Table Rock, upper Bull Shoals and upper Norfolk lakes all offer good opportunities for bass, white bass and striped bass. Sometimes you can get into the crappie as well. Lake Taneycomo, of course, is nationally known for its trout fishing.

OR YOU CAN catch the tail end of the quail season, some of the last-minute goose hunting or several good old-fashioned Missouri rabbit hunts.

By the time March rolls around, the state park trout fishing season kicks off, followed by the serious start of the lake fishing season across the state.

Late spring brings the start of the float fishing bass season as well as the early squirrel season. These will continue right on through the summer, but don't forget the late spring crickets, which can get better than downright good.

By early fall, folks start thinking about deer season, which requires a special tag. However, scouting usually means squirrel hunting — which still requires that small game hunting permit (\$8 by itself, same as a fishing permit).

Of course, anyone can purchase a fishing permit. Anyone born on or after Jan. 1, 1967, must first complete a Hunter Education course, pass the test and display the certification card to purchase any type of firearms hunting permit.

SO IF YOU'RE buying a hunting and fishing permit for someone born after that date, you'll have to figure out a way to get that certification card from him or her. Or give the card to that person a check made out to your local permit distributor for the amount.

And while youngsters 15 and younger don't need a permit to hunt or fish in Missouri, it's a nice tradition to start.

By now, we're into the fall full bore. That means the squirrel hunting really has picked up, rabbit season is starting to come on, quail and pheasant season are upon us and the dove season already has passed us by. Of (See SEIBEL, Page 3B)

Eight players picked for JODP girls soccer

Eight girls from the Southern Illinois Soccer League (SISL) are among the players who qualified for the state pool in the Junior Olympic Development Program.

The girls are: 13.5 age group — Julie Brooks, Belleville; Shannon Roth, Granite City; Julia Yank, O'Fallon; Kelly Bowling, Collinsville; and Annie Renget, Troy.

15.5 — Jennie Eickmeier, Troy; 16.5 — Jayne Baker, Troy; 18.5 — Sandra Pagan, Mankato.

The girls qualified for the state pool in tryouts against other players throughout the state. They will receive further training and tryouts before decisions will be made about the final state teams to represent Illinois against other state teams.

The Junior Olympic Development Program (JODP) was created to recognize talented players at a young age, with the idea of developing them for national teams.

George Schwendemann of Granite City is the SISL girls coordinator for the JODP.

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Warriors

(Continued from Page 1B)

"Fulkerson had a good tournament," Garland said. "He came back with a big victory."

Garland also praised Miller, who defeated Moline's Dan Schmidt in the third-place match 7-6.

"He just had a great tournament," Garland said. "He's really wrestling well."

At 152, Scott gave the Warriors a lift in the team standings by pinning his opponent in the third-place match. Scott won by fall over Cory Gordon of Peoria Richwoods in 2:55.

"Coming down in that last round, we really needed that pin," Garland said. "That was a big win, team wise."

In one of the final matches of the day, Janek routed Justin Moore of Champaign Central, 10-1. Janek suffered a tough 2-1 loss against Mike Guff of LaSalle-Peru in the semifinals.

"We were pretty happy with him," Garland said.

Granite City's other place winners were Chris Hogan (112), Brian Schooley (135), John Venne (145) and Jim Watkins (189).



Buchek

Fulkerson

Hogan bounced back from a second-round upset to place fifth with a 9-1 win over Mahomet-Seymour's Shawn Dillman.

Schooley and Venne both lost their fifth-place matches and finished sixth. Watkins placed fourth.

The Warriors placed third at Springfield last year before earning a second-place finish at the Holiday Tournament. Garland would like to see the Warriors repeat Saturday's feat next week.

"This gives us a lot of momentum going into the Holiday Tournament," Garland said. "Hopefully, we can keep it going, as long as we keep improving, that's the main thing."



Super Sluggers — The Mr. Twist Sluggers baseball team recently received trophies for a perfect season and playoff championship in Granite City Park District play. Members of the team included, pictured top row from left, coach Marion Courtney, manager Winston Mayes, Carl Helton, Jason Acord; front row, Jeff Schlecht, Devin Mayes, sponsor Felicia Urstote, Sean Courtney, sponsor Mary Urstote, Kenny Lindsey.

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Granite City 130-pounder Ernie Miller (left) earned a third-place finish Saturday.

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93 Pontiac Gr. Am (2 available)		\$12,495	\$11,400
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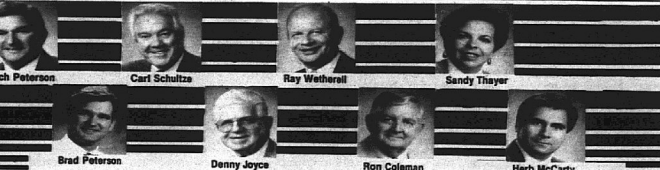
PRE-OWNED CARS		WAS	NOW
93 Dodge Shadow		\$9,495	\$7,900
92 Geo Storm		\$8,495	\$7,900
92 Ford Probe		\$9,995	\$8,800
92 Ford Tempo		\$9,495	\$8,400
91 Chevy Cavalier 2 Dr. (White)		\$7,495	\$6,300
91 Chevy Lumina 4 Dr.		\$10,995	\$9,900
91 Mercury Grand Marquis		\$10,995	\$10,800
91 Chevy Cavalier 4 Dr. RS		\$7,995	\$7,400
91 Chevy Cavalier 2 Dr. (Blue)		\$6,995	\$6,400
91 Olds Calais 2 Dr.		\$6,995	\$6,400
91 Eagle Talon		\$10,995	\$10,800

PRE-OWNED IMPORTS		WAS	NOW
93 Mazda MX-6 Cpe		\$16,995	\$16,800
91 Mazda 626 Sedan		\$10,495	\$9,300
91 Alfa Romeo 164S		\$21,995	\$18,800
91 Suzuki Sidekick		\$7,995	\$6,800
90 Honda Accord Coupe		\$9,995	\$8,800
90 Mercedes 300E		\$20,995	\$17,800
90 Mazda MX-4 Cpe		\$6,995	\$6,800
90 Subaru Wagon		\$8,995	\$8,800

PRE-OWNED VANS		WAS	NOW
93 Chev. 8 Pass. Full Size Van (GM Program)		\$17,995	\$16,800
93 Chev. Lumina Mini Van (GM Program)		\$15,995	\$14,800
91 Chevy Astro Passenger Van		\$15,995	\$13,800
90 Ford Aerostar Ext. Van		\$11,995	\$10,800

PRE-OWNED SPORT CARS		WAS	NOW
93 Chevy Lumina Z-34		\$16,995	\$15,800
93 Ford Mustang Hatchback		\$11,995	\$10,800
92 Chevy Corvette Convertible		\$32,995	\$27,800
92 Plymouth Laser		\$11,995	\$10,800
91 Corvette Coupe (6 speed)		\$24,995	\$22,800
91 Chevy Corvette Cpe., 6,000 miles		\$24,995	\$22,800
91 Pontiac Firebird		\$9,995	\$8,800
90 Ford Mustang Convertible		\$9,995	\$7,900
90 Ford Mustang Hatchback		\$7,995	\$6,800
88 Chrysler LeBaron Convertible		\$9,995	\$7,900

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Brad Peterson Denny Joyce Ron Coleman Herb McCarty

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Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty.

Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 876-2000.

This calendar runs in every Wednesday's Journal.

Wednesday, Dec. 22

International Training in Communication (ITC), Illini Club meets 5:30 p.m. at Ravenna's Restaurant, 3 American Village Shopping Center, Granite City.

Pulmonary Support Group, for persons with diagnosed lung condition, 11 a.m. to noon in 4 Doctors Solarium, St. Elizabeth Medical Center, 798-3019.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Al-Anon, 7:15 p.m., Gateway Foundation, 600 Lincoln, Caseyville, 692-8078.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 462-5714.

Stress Management Class, 7 to 8 p.m. at Mental Health Services, 30 Northgate Industrial Drive, Granite City. For people who want to know what causes stress, how it affects their lives, and what they can do about it. For more information call 877-4420. Fees are based on a sliding income scale.

Thursday, Dec. 23

Venice Park Board, 6:30 p.m., Venice Recreation Center, 451-7200.

Mount Zion Baptist Church, 4 to 6 p.m. at 2827 Mockingbird Lane. "Meals from the heart," a free meal to those in need. Clothes available. Open to the public.

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 906 Thorngate Drive, Mitchell.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Alcoholics Anonymous, 8 p.m., Presbyterian Church, Mitchell, 876-8467.

Alcoholics Anonymous, 11 a.m., Unity Chapel, Stratford and Valley lanes, Granite City, 876-8467.

Al-Anon, 9:30 a.m., St. Elizabeth Church quilting room, 2300 Pontoon Road, 692-8078.

Al-Anon, 8 p.m., Wellness Center, 2105 Iowa (babysitter available), 692-8078.

Overeaters Anonymous, 7:30 p.m. at First Christian Church, 2415 N. 89th St., Caseyville. For information, call 1 (314) 638-7821.

Granite City Community Band rehearsals, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Nameoki Road, Granite City, 931-0443.

Friday, Dec. 24

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Saturday, Dec. 25

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Al-Anon Adult Children, 10 a.m., Suburban Baptist Church, Maryville Road and St. Clair Avenue (babysitter available), 692-8078.

Sunday, Dec. 26

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Midwestern United States Imperial Dance Club (MUSIC) meeting at 6 p.m. at the American Legion Hall in Collinsville. The public is invited for dance lessons and open dancing at a cost of \$4 for non-members and \$2 for members. For more information, call 463-2405.

Singles Connection, Imperial dance lessons held at 6 p.m. at the Collinsville American Legion, 1022 Vandalia St. It covers the lessons and a dance that follows.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, Pascall Hall, main floor, Granite City, 876-8467.

Moose Lodge Bingo, 1:15 p.m. at the Nameoki Bingo Center.

Overeaters Anonymous, meets at 2 p.m. in the Wiesman Room, first floor, St. Elizabeth Medical Center in Granite City.

Monday, Dec. 27

Granite City Foursquare Church, 2400 East 25th St., hot meals served free of charge to those in need or those who just want someone to talk to. Open to public. For information or a ride, call 451-9635.

Arthritis Support Group, 7 p.m., Alton Memorial Hospital cafeteria, 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

ria, Room B.

Madison County Computer Club, meets 7 p.m. at Well United Church of Christ facility, 180 Cottonwood Road, about 1/2 mile east of Highway 159. Beginners as well as experienced computer users are welcome to attend. Members share information about new hardware and software, mostly for IBM compatibles.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 692-8078.

Neglected Victims of Child Sexual Abuse, a support group for non-offending parents of victims, meets from 6 to 7:30 p.m. at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 692-2197 for details.

TOPS 2048 (Take Off Pounds Sensibly), 6 p.m., Melvin Price Support Center in Granite City, 876-2124 or 931-5655.

TOPS 11, 6:45, 7 p.m., Anchorage Recreation Center, 2802 Edwards St., Granite City, 452-6102. Men and women welcome.

Wal-Mart Senior Citizens, bingo, 7:30 to 8:30 a.m.

Tuesday, Dec. 28

Elks, Granite City Lodge 1063, Maryville Road, Granite City, 931-3557, 8 p.m.

Knights of Columbus, 3rd Degree, 4225 Old Alton Road, 7:30 p.m., 877-4250.

Ostomy Support Group, 2 to 4 p.m., Pascal Hall, main floor, St. Elizabeth Medical Center, 798-3167.

People Needing People Bereavement Support Group, 7 to 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Granite City Foursquare Church, 2400 East 25th St., hot meals served free of charge to those in need or those who just want someone to talk to. Open to public. For information or a ride, call 451-9635.

Arthritis Support Group, 7 p.m., Alton Memorial Hospital cafeteria, 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

9 p.m., Wiesman Room, first floor, St. Elizabeth Medical Center, call Hospice of Madison County, 798-3399.

Singles Connection, Walleyball at the YMCA, Esic Drive, Edwardsville, at 6:30 p.m. There is a \$3 fee for three hours of play. Call Frank at 876-4315.

TOPS 1699, 6:45 p.m. at the Anchorage Recreation Center, 2809 Edwards St., call 692-4340 or 797-4562.

Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Alcoholics Anonymous (women only), 8 p.m., Presbyterian Church, Mitchell, 876-8467.

Alcoholics Anonymous, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 692-8078.

Al-Anon, 9:30 a.m., Niedringhaus United Methodist Church cafeteria, 20th and Delmar, Granite City (babysitter available), 692-8078.

Alateen Program for 12 to 17 age group, meets at 8 p.m. at Niedringhaus United Methodist Church, 20th and Delmar. For more information call 692-8078.

Granite City Kiwanis meet at Shoney's at 7:30 a.m.

School of Metaphysics, 7:30 to 10:30 p.m., 949 Euclid Place, St. John, Mo. 63114. Classes in applied metaphysics. Call Melanie McManus at 429-0078.

The Gateway Sounds Chapter of the Sweet Adelines meets for rehearsal at 7:30 p.m. at the Collinsville Senior Citizens Center, 420 E. Main in Collinsville. Ladies who enjoy singing four-part harmony barbershop style are welcome to audition. Kevin Nelson is the director. For more information, call 345-1686, 234-3492 or 931-1409.

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Briefly

Christmas Eve service offered

A Christmas Eve service will be held at Niedringhaus United Methodist Church, 20th and Delmar, Granite City. This candlelight service will begin at 7 p.m. Dec. 24 in the church sanctuary. The Holy Family, portrayed by members of the congregation, will make a special appearance during the service. Special Christmas music will be provided by the Chancel Choir. Rev. K. Bruce Rushing and Rev. John Walter will officiate.

The candlelight Christmas Eve service is a long-standing tradition at Niedringhaus. All members of the community are invited to share with the congregation in this special celebration of the birth of Christ.

For more information on this event or the church's Sunday school classes and worship services, people may call the church office at 877-4555.

'Steppers' entertain at party

Eileen's Steppers provided the entertainment at the recent Elkettes Christmas party.

The program began with a routine by the chorus line, consisting of Eileen Lakatos, teacher; Eleanor Cook; Roselee Hoelter; Candy Kavula; Ruth Lehner; Shirley Seltner; Betty J. Smallie and Betty F. Vaughn.

In keeping with the holiday season, the next dance was performed to "Rocking Around the Christmas Tree." The western theme numbers included a cowboy dance to "Elvira" and a country line dance to "Chatahotchi." The exercise and fitness qualities of the group were demonstrated to the lively tune of "In the Mood."

The group is composed of all senior ladies — ages 65 and over.

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- Senior Aerobics, January 11 - March 17, 10-week program of chair exercises/light aerobics. Meets Tuesdays & Thursdays, 9-10 a.m. Cost \$40
- Out-Patient Diet Counseling, Day or Evening appointments

To register or receive further information, call 234-2120, extension 1156

St. Elizabeth's Hospital of Belleville

Speech tea

Granite City High School Limestone High School high schools.

Tournament champion who were first in high school events. St. Belmer was third in the

The speech team in

2 attend

Dorothy Hinson and member of Madison speaking weekend in N where they attended Gala and Coronation and His Court at the Hilton Hotel.

Hend Elaine Blinn Ill. was crowned the Zues, Miss Blinn American Legion A Girls State and served the Party Leaders the Zues is one of the Krooves in the New Year.

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Winners at Limestone Speech Tournament are Aaron Belmer, left, and Aaron Smithers with Beverley Scroggins, coach, behind them.

Speech team scores big at tourney

Granite City High School speech team got off to a great start at Limestone High School near Peoria recently, coming in fifth out of 18 high schools.

Tournament champions were Aaron Belmer and Aaron Smithers who were first in humorous duet acting. Each boy also was a finalist in other events — Smithers was third in humorous interpretation and Belmer was third in original comedy.

The speech team is coached by Beverley Scroggins.

2 attend 'gala' in New Orleans

Dorothy Hinson and Norma Hillmer of Madison spent Thanksgiving weekend in New Orleans, where they attended the Olympian Gala and Coronation of Zeus 37 and His Court at the New Orleans Hilton Hotel.

Heidi Elaine Blum of O'Fallon, Ill., was crowned the 1994 Queen of Zeus. Miss Blum attended the American Legion Auxiliary Illinois Girls State and served as one of the Party Leaders there.

Zeus is one of the Mardi Gras Krewe's in the New Orleans Area. Following the Coronation eve-

ning, a tour of the French Quarter, Baton Rouge, and Natchez, Mississippi were enjoyed.

Norma Hillmer is a Past 22nd District President and Dorothy Hinson a Past Department President of the American Legion Auxiliary.

Accompanying them were Rose Marie Loparco of Homewood, and Helen Malanowski of Tamaroa, both Past Department Presidents.

The four ladies plan to attend two other Mardi Gras events for the Zeus Krewe in January and February.

Boy Scouts seeking recruits

The Boy Scouts of America endeavors to develop American citizens who are physically, mentally, and emotionally fit; have a high degree of self-reliance as evidenced in such qualities as initiative, courage and resourcefulness.

Such citizenship also involves having personal values based on religious concepts; being knowledgeable about and taking pride in the American heritage; understanding the nation's role in the world; and being prepared to participate in and give leadership to American society.

"If you are interested in seeing your 11- to 17-year-old son in a program that works to instill these qualities in the young men of your community," a spokesman said, "please call Ron Luebken, 931-3828, or John Kuehn at the Trails West Council office, 259-2145. Community organizations which currently sponsor Boy Scouts in

the Granite City area are: Melvin Price Support Center, Troop 3, Delta Scout; Good Shepherd United Methodist Church, Troop 14, Norman Richter Sr.; Granite City Steel & Community Federal Credit Union, Troop 96, Joe Rosales.

Holy Family Catholic Church, Troop 103, Patrick Nesbit; The Church of the Latter Day Saints, Troop 11, Robert Ferris; Parents for Scouting, Troop 122, Bruce Evans; St. Elizabeths Catholic Church Holy Name Society, Troop 13, Larry Wagand Sr.

Suburban Baptist Church, Troop 102, William Monical; Madison VFW Ladies Auxiliary 7451, Troop 12, Curt Bosworth; Chouteau Township Senior Citizens Troop 41, Douglas Leith; Long Lake Fire Department, Troop 46, Glenn Ash-off; American Legion Post #307, Troop 1, Frank Hill.

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Earns pharmacy college award

Steven S. Smith of Granite City, a student at the St. Louis College of Pharmacy, received the H. Clyde Redinger Scholarship during the College's annual Awards Program, held Nov. 4, 1993. Smith is the son of William and Joyce Smith, and is a 1982 graduate of Granite City Senior High School.

The Awards Program is held each fall to honor student achievements and scholarship

recipients. Criteria for selection of award recipients is based on various qualities, including leadership, financial need, contributions to the College, professional attitude, community service, residency or employment.

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The Granite City High School Empathy Group, honored by the Optimists, is comprised of, from left, Jack Haug, Jenny Passig, Greg Wickman and Mike Johnson.

Optimists honor youth groups for achievements

The Granite City Chapter of Optimists International recently held its annual youth appreciation dinner at Ravanelli's Restaurant. Each year the Optimists honor local youth groups for outstanding achievements and accomplishments.

This year's honorees were the Granite City High School Empathy Group and the Mitchell Mudcats, winners of the National Khoury League Championship.

This year's chairman, Bill Monical, asked representatives from both groups to tell about their achievements. Jenny Passig and Greg Wickman spoke of their involvement with the Empathy Group and how participation in the group has

helped others and enriched the members.

Josh Burner and Mike Ratcliff told how their coach, Aaron Bradcliff, led the Mudcats to a national championship victory this summer. The team is made up of young men from Mitchell, Granite City and Madison.

Granite City Optimists meet every Thursday at noon at Shoney's Restaurant. The club is made up of area business people whose goal is to aid and enrich the lives of area youth. Other club activities include an essay competition, an annual youth golf tournament, an Easter egg hunt at Wilson Park and Christmas Baskets for area families.



Mitchell Mudcats honored by the Optimist are, from left, Don Cooper, Erik Tongay, Josh Burner and Mike Ratcliff.

Military

James Dumont
Marine Capt. James C. Dumont, son of James L. and Bette L. Dumont of Glen Carbon, recently reported for duty with headquarters and Support Battalion, Marine Corps Base, Camp Pendleton, Calif.

The 1978 graduate of Granite City High School South joined the Marine Corps in June 1982.

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Whitney Ruelb

Participa

Handy Viessman played the part of the Ozarks in "All My Sons." "All My Sons" concerns two men, bitterness and guilt, is embroiled in World War II drama with American life.

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Winners — Drug Task Force by 2000 poster contest winners at Frohardt School are, from left, Tommy Rollins, fifth grade; Ray Carroll, first grade; Erin Oystresh, fourth grade; Leslie Kwiatkowski, third grade; Whitney Ruebhausen, second grade; and Cynthia Mills, principal.

Participates in "All My Sons"

Randy Viessman, son of Linda and Mike Viessman of Granite City, played the part of Dr. Jim Bayless in the "All My Sons," at College of the Ozarks in Point Lookout, Missouri.

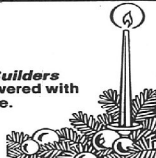
"All My Sons" is the college's second fall production. The play, an early work of "Death of a Salesman" by playwright Arthur Miller, concerns two men, their families and the catastrophes, love affairs, bitterness and guilt they endure. Their business, although prosperous, is embroiled in bitter controversy. This is a powerful post-World War II drama which focuses on the work ethic and how it effects American life.

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Park management internships encouraged

Conservation Director Brent Manning encouraged college students whose majors require them to complete an internship in park management, outdoor recreation, or natural resources management to apply for summer internships with the Department of Conservation.

"The department is seeking applicants studying outdoor recreation, natural resource management and public policy in hopes of putting their classroom knowledge and enthusiasm to work," Manning said.

The three-month conservation internships begin May 16 and end Aug. 15 at 12 participating

sites. Another site, Starved Rock State Park, offers a six-month position, and students interested in applying for it should be available to begin in early May.

Internships pay \$800 per month. Both park management and park interpretation internships are available.

In addition to Starved Rock, internships are available at Argyle Lake, Chain O'Lakes, Eagle Creek, Edion Hazlet, Ferne Clyffe, Illinois Beach, Mississippi Palisades, Pere Marquette, Stephen A. Forbes and Weldon Springs state parks; Volo Bog State Natural Area; and the department's Springfield

land management administrative office. Non-paid internships also may be arranged at various conservation sites statewide.

Applicants will be interviewed at the sites offering the internships. Placement will be based on site availability and an applicant's areas of interest. Interns will work full time and will be directly supervised by Conservation Department personnel.

Interested students should write Amy Madigan, Department of Conservation, 324 S. Second St., Springfield, Ill. 62701-1787, or phone 217-785-9416, TDD (217) 785-9236. The application deadline is Feb. 15.

How to submit your articles

Weddings, engagements, anniversaries and other items for the family pages may be directed to the Press-Record/Journal at 1815 Delmar Ave., Granite City, Ill. 62040. Photos of a reprintable quality also will be considered for publication.

If you need further information, call Dawn at 877-7700.



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Travelers Abroad holds holiday dinner meeting

Travelers Abroad held its holiday dinner meeting at Jerry's Cafeteria recently with 28 members and two guests present.

Alice Purdes, president, welcomed the group and remarked that they were also celebrating an early 29th birthday of the club which was organized in January 1965. Members present who filled various offices during the early years were recognized. They were Eunice Hatcher, Gladys Pape, Julienne Hatcher, Dorothy Hodebeck, Mary Evangelou and Purdes.

After the buffet dinner, various numbers were drawn for attendance prizes.

The president introduced guest John Cawly of Madison who spoke on his trip to Cuba last April. He was invited for 10 days to be judged at the rollerskating championships competition involving several countries including the U.S., Canada, Cuba and several South American countries.

The Cuban government provided travel and accommodations and there were 25 American athletes, coaches and a judge in the group. The 15 American athletes ranged in age from 14 to 20 years and came from all over the United States. Everyone met in Miami and flew together on the Haiti Trans Air Charter provided by the Cuban Government. They landed at Havana's Jose Marti Airport, which is not on a normal tourist's agenda. This group was seeing Fidel Castro's Cuba, not the area to which tourists are restricted.

Cawly said that some temporarily repatriated Cubans were also on the plane and they were

all carrying large shopping bags full of toiletries and basic first-aid supplies (bandaids, aspirin, etc.) since none of these are available to the Cuban people.

As they traveled along the superhighway built for the 1991 Pan American Games, they passed horse-drawn carts and buggies as well as many bicycles and hitchhikers. Gasoline is in short supply and only diplomats and the highest government officials drive cars. He was amazed to learn about the number of privileges that government officials and ambassadors have in Cuba. Everything is rationed to control the supply and Cawly learned that meat had not been available for six months. The hotel they were assigned to was almost like a palace, right in the midst of all the poverty.

The American dollar is very important; one could not use Cuban money. If a tourist came from another country, he exchanges his money but gets American dollars for it. There is a special tourist area and visitors cannot go anywhere else. The best of everything is in this area and one would not know there is anything wrong with the rest of the country. Cubans cannot go where the tourists are well regardless of where they had come from. Even coaches were asking questions and seeking help from the Americans. Cawly said he ended up being the chaperone for the American contestants even though that was not part of his duties. The American athletes wanted McDonald's and Pizza Hut, etc., but of

course, they were not available. Food that they hardly touched the first few days and left on their plates was being appreciated and enjoyed, before the end of the 10 days, after seeing Cuban people nearly starving. They did not drink the water and it took more "goods" to get water for the athletes during their practice sessions. Each day it took more "goods" to get the keeper of the water bottles to unlock the chests. A pair of jeans was the last "bribe" but that covered several days of saying, "I'll bring them tomorrow."

The Americans took first place in all the competitions with the Canadians generally coming in second.

Cawly spoke of being approached near the hotel lobby by an elderly, well-groomed Cuban lady who begged for a candy bar because she and her husband were almost starving. Attendees immediately ran her off but Cawly went to the gift shop and bought a candy bar or two and then the elderly attendant where to find the lady. In a moment she was back and he

presented her with the candy. She started to say something to him but was motioned off by the attendant. She said she could not sit with a tourist; Cawly stood up and they finished their brief conversation.

Later the lady and her husband came to the hotel and he asked them to join him for a meal. The restaurant manager, after examining Cawly's passport and checking to see that he was registered, reluctantly seated the three. After a normal meal, with nothing left on their plates, Cawly paid the bill and on the way out he bought several candy bars to go with the few pieces of bread the lady had carried off in her purse.

Propaganda is widespread in Cuba and every Sunday there is a rehearsal drill, just in case of an invasion.

Others in attendance were Nina Dittman, Frieda Burdorf, Lillian Delpe, Virginia Segar, Mary Louise Swan, Betty Townsend, Barbara Williams, Harry Parker, Stephen Ruzic, Marge O'Neill, Helen Lilly, and Georgia Engelke.

Circle 835 holds Christmas party

Daughters of Isabella, Our Lady of Fatima Circle 835, Christmas party began with Regent Irma Manning welcoming members and asking Father Casey Kicmal, chaplain, to lead the prayer before eating. Father Kicmal led the special prayers for living and deceased members, their families and then the blessing for the meal.

There were 18 members and four guests present. The buffet was catered by Petri's. Recognition was given to the committee consisting of Lucille Caban, Anneliese Garmati and Cecelia Mance.

Regent Manning presented Father Kicmal with a gift from the Circle. Members had voted not to have a gift exchange and

decided to donate to the purchase share units of food to the needy. Two units will be purchased and given in January.

Angie Buehler was the winner of the queen-sized quilt. Those in attendance besides those mentioned above were Cecelia Cruse, Ann Giese, Frances Gruber, Mary Horvat, Martha Kozuszek, Margaret Kwiatkowski, Anna Mokri, Veronica Patrick, Ruth Ann Rotter, Stephanie Ruzic, Eugenia Stanfill, Mary Tolka, Josephine Yurko and guests; Theresa Horvat, Ann Tanase and Mary Gillis.

Balance of the evening was spent playing traveling bingo. The next meeting will be at 7 p.m. Jan. 6.

Traditions and Customs of Christmas

Where did they come from?

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Where Beautiful Things Begin

Customs abound at this time of year. Trees, wreaths, lights and Santa Claus are the list goes on and on. Have you ever wondered how some of these customs got started? We'll take a look at a few. You may find it quite interesting.

Christmas Trees

The use of a Christmas tree began early in the 17th century, in Strasbourg, France. It spread from there through Germany and then into northern Europe. The tree custom was introduced to Great Britain in 1841, and from there it accompanied immigrants to the United States.

The earliest trimmings on the tree were tufts of cotton and strings of popcorn (used to simulate snow on the fir branches). Other trimmings were flowers, replicas of foodstuffs and paper ornaments.

It is believed that Martin Luther created the first lighted Christmas tree after a starlit walk through a forest. He appreciated the sparkling beauty of starlight reflected from the snow-covered pines. He returned from his walk and sought to recreate this forest experience in his own home by attaching candles to a small evergreen. This custom, although extremely dangerous, persisted in the Rhine River District and came into widespread usage in Germany by 1700. We certainly hope nobody still uses candles on trees today!

It was during the American Revolution that the tradition of a lighted, decorated Christmas tree crossed the Atlantic with Hessian soldiers. Descriptions of Christmas festivities at Fort Dearborn, Illinois, mention a lighted Christmas tree.

Wreaths

The Christmas wreath is thought to have been part of the Druids' sun worshiping ceremony. Late December, dark and icy, was recognized as the winter solstice, the time of the sun's almost imperceptible rebirth. The name "yule" came from the Scandinavian word for wheel, a reference to the shape of the sun.

Holly & Ivy

These eternal frosty rivals, and mistletoe, the "healer" hold a special place in Christmas merrymaking and decoration.

One can almost see old Father Christmas walking the snowy streets, pipe in hand and holly wreath on his head. Or the "kissing bunch," an elaborate construction of holly, ivy, mistletoe and colored ribbons that served much the same purpose in old Germany as the mistletoe serves today. An excuse for stealing a kiss.

Plants

The habit of bringing a flowering plant indoors at Christmas is a common one, but surprisingly, the most widely used holiday plant is native to perennially warm Mexico. The poinsettia gives us a modern replacement for the small potted cherry and hawthorn trees brought into the house in days of old.

Jolly Old St. Nicholas ... or is it Santa?

Dutch settlers brought to the New World the custom of celebrating St. Nicholas' Day and especially St. Nicholas' Eve, when gifts were given to children. The name "Saint Nicholas" was known by the Dutch as "Sint Nikolaas."

Try repeating the name "Sint Nikolaas" rather quickly a few times. If it begins to sound a little familiar, it's no coincidence. That's where the bearded fat man in the red suit got his famous name. "Santa Claus" is actually a corruption of "Sint Nikolaas."

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Watch Sunday's Journal for more tips from the experts at Frank's!

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2 tbsp. graham cr
1/4 cup sugar
Preheat oven to
springform pan.
In medium bowl,
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until blended. Fou
until edge is set.
With knife, loos
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Note: Line non-r
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Makes 10 serving
percent calories fr

By Patricia G
Registered D
American He
St. Louis Ch

I can live
without ch
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but I
don't want
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to gain
weight or
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Chocolate

Love it, don't leave it

By Janice Denham
Staff writer

Chocolate lines up many dessert "maybes" into sure things. People may equate decadence with chocolate, but the rich product spans all choices.

A new product here — chocolate non-dairy whipped topping from the freezer's case — is ready-made for success. It can be dolloped on a banana split, swirled with chocolate pudding for a fluffy-rich mousse or spread on cake layers as frosting. It is sturdy enough for piping, too.

Most chocolate lovers need little incentive to use their imagination to add their favorite flavor to other standards. For instance, chocolate whipped topping can be used as a nest, a topping or filling for pudding. It can top banana cream pie or be

combined with a cake mix and peppermint starlight mints for an easy dessert that will stand out like lights on a Christmas tree.

Those who love the richness of prepared chocolate candies will like tips from Fannie May Kitchens. One suggestion is to match flavors. For instance, serve an egg-nog-flavored candy with the traditional drink, set out strawberry-flavored chocolates next to fresh fruit that includes the red berries or crush peanut brittle to fill a layer with butterscotch pudding above and below. A single serving of cheesecake, brownies or pudding can be centered with a piece of chocolate, too. Match chocolate-covered nuts to the nuts that flavor them.

There are easy ways to lighten up chocolate desserts. Cocoa, yogurt and fat-free egg products from the refrigerator or freezer let waist-watchers have their cake — even cheesecake — and eat it, too.

These should not be labeled low-fat desserts; they are delicious desserts that happen to be low in fat.

For more delicious low-fat ideas, plan to use some ideas from the following aids:

• Send for a free brochure, "You Asked About Yogurt Cheese," from: Dannon Information Center, Yogurt Cheese Brochure, P.O. Box 44233, Jacksonville, Fla. 32256.

• For more tasty low-cholesterol recipes, send \$1 to: Egg Beaters Recipe Book, P.O. Box 7140, Clinton, Iowa 52738.

• A section on low-fat desserts plus other chocolate recipes can be found in the "Hershey's Homemade" cookbook. A check or money order for \$3.95 plus two proofs-of-purchase from Hershey's/Reese's baking products (cocoa, baking chocolate or chips) can be sent to: Hershey's Home-made, P.O. Box 40651, Ronks, Pa. 17373.

CHOCOLATE TORNADO

- 2 cups frozen chocolate whipped topping, thawed
- 2 cups cold milk
- 1 pkg. (4 servings) chocolate instant pudding mix

Spoon whipped topping evenly into 6 dessert dishes. Using back of spoon, spread whipped topping into bottom and up side of each dish. In medium bowl, add pudding mix to milk. Beat with wire whisk 1 to 2 minutes. Let stand 5 minutes or until thickened. Spoon pudding into prepared nests. Refrigerate until ready to serve.

Makes 6 servings.

When made with 2 percent milk and chocolate fudge instant pudding mix, each serving has 7.3 g fat and 131 calories, making it with skin milk drops each serving to 6 g fat and 120 calories.

Note: Dessert is best made and served the same day.

CANDY BAR PIE

- 1 pt. vanilla ice cream (2 cups), softened
- 1 prepared chocolate crumb crust (8 oz.)
- ½ cup caramel sauce or dessert topping
- ½ cup chopped peanuts
- 1 carton (8 oz.) frozen chocolate whipped topping, thawed

Spread ice cream evenly in bottom of crust. Freeze until ice cream is firm. Spread caramel sauce over ice cream. Sprinkle with peanuts. Cover with whipped topping. Freeze 4 hours or until firm. Let stand at room temperature 20 minutes or until pie can be cut easily. Garnish with additional caramel sauce and peanuts, if desired.

Makes 8 servings.

MOCHA MARBLE POUND CAKE

- ¼ cup (½ stick) margarine, softened
- 1 cup sugar
- 1 tsp. vanilla
- ½ cup yolk-free egg product
- 2 cups flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- 1 carton (8 oz.) coffee low-fat yogurt
- ¼ cup cocoa
- Mocha Yogurt Glaze, if desired

Preheat oven to 325°. Grease 9-by-5-inch loaf pan.

In large mixer bowl, beat margarine, sugar and vanilla on medium speed of electric mixer until well blended. Add egg product. Beat until smooth. Stir together flour, baking powder, baking soda and salt. Add alternately with yogurt to margarine mixture, beating on low speed until well blended. Remove half batter to medium bowl. Add cocoa to remaining batter in large bowl. Beat until blended. Alternately spoon coffee and chocolate batters into prepared pan. With knife or spatula, gently swirl through batter for marbled effect. Bake 60 to 65 minutes until wooden pick inserted in center comes out clean.

Cool 10 minutes. Remove from pan to wire rack. Cool completely. Frost with Mocha Yogurt Glaze.

Mocha Yogurt Glaze: In small bowl, combine ½ cup confectioner's sugar, 1 tablespoon cocoa and 1 tablespoon coffee low-fat yogurt. Stir until smooth and of spreading consistency. Add additional yogurt, ½ teaspoon at a time, if needed to thin.

Makes 16 servings; 153 calories, 226 mg sodium, 1 mg cholesterol and 3 g fat (18 percent calories from fat) each.

CHOCOLATE YOGURT CHEESECAKE

- Yogurt cheese made from 1 carton (32 oz.) vanilla low-fat yogurt (see note)
- 2 tbsp. cornstarch
- 2 tbsp. graham cracker crumbs
- ½ cup yolk-free egg product
- ½ cup sugar
- 1½ tsp. vanilla
- ¼ cup cocoa
- ¼ tsp. almond extract
- Assorted fresh fruit

Preheat oven to 300°. Sprinkle graham cracker crumbs on bottom of 8-inch springform pan.

In medium bowl, using wire whisk, gently mix yogurt cheese, sugar, cocoa and cornstarch until well blended. Add egg product, vanilla and almond extract. Stir until blended. Pour into prepared pan. Bake in preheated oven 55 to 60 minutes until edge is set. Remove from oven to cooling rack. Cool 30 minutes.

With knife, loosen cake from side of pan. Cool to room temperature. Remove side of pan. Refrigerate until thoroughly chilled. Garnish with fruit.

Note: Line non-rusting colander or sieve with large piece of double thickness cheesecloth or large coffee filter. Place over deep bowl. Spoon yogurt into prepared colander. Refrigerate, covered, about 24 hours until liquid no longer drains from yogurt. Remove yogurt from cheesecloth. Discard liquid.

Makes 10 servings; 117 calories, 57 mg sodium, 2 mg cholesterol and 2 g fat (15 percent calories from fat) each.

Life without chocolate?

By Patricia Guffey
Registered Dietitian
American Heart Association
St. Louis Chapter

I can live without chocolate — but I don't want to. I also don't want to gain weight or watch my cholesterol level skyrocket this winter.

I Love Eating

That calls for finding ways to satisfy cravings for chocolate without loading up on fat and calories from the really rich stuff.

Chocolate gets more than half its calories from fat. One ounce of plain milk or dark sweet chocolate has about 150 calories and nine grams of fat — equivalent to two pats butter. Unsweetened baking chocolate is even more grease-laden — 16 grams fat per ounce.

Ditto for chocolate candies, especially with nuts, cream or butter. The fat content of an average chocolate bar runs from nine to 14 grams.

That's a high price to pay for a woman trying to limit fat to about 40 grams or a man to 50 to 60 grams per day.

Thank goodness for chocolate syrup and cocoa powder! Both are easy to find and cook with. Best of all, they taste great.

Cocoa gives rich chocolate flavor for only 14 calories and one gram fat per tablespoon. Chocolate syrup has 40 calories and only a trace of fat per tablespoon. Chocolate syrup is made from water, sugar, corn syrup (another term for sugar) and cocoa.

Here are my favorite ways to enjoy the rich taste of chocolate minus the fat and calories. Most of these treats offer plenty of nutrients because they are made with milk or fruit:

• Spoon chocolate syrup over ice milk or low-fat frozen yogurt. Top with canned mandarin orange slices or other fresh fruit.

• Mix cocoa powder with a little sugar, cinnamon, nutmeg and vanilla. Add to a cup of skim milk. Microwave for 2 minutes.

• Drizzle a little chocolate syrup into low-fat or nonfat coffee-yogurt. Freeze about 20 minutes. If you can't live without a taste of candy,

treat yourself to a couple peppermint patties, Fudge Rolls, chocolate licorice, an icy Fudge slice or chocolate pudding made with skim milk.

• Dip marshmallows — they are fat-free — in chocolate syrup. Freeze a couple minutes.

• Use this dipping sauce for fruit. It is great with strawberries, sliced banana and fresh pineapple.

Divine chocolate sauce

- ¼ cup cocoa
- ¼ cup packed brown sugar
- ¼ cup evaporated skim milk
- ¼ tsp. vanilla

Combine cocoa powder and sugar in small saucepan. Stir in milk. Cook over medium heat, stirring constantly, until sugar dissolves. Remove from heat. Stir in vanilla.

Book invites cook to open house and heart in new year

By Janice Denham
Staff writer

Opening the house to friends and family over the holidays opens the heart as well. The theme of the "Open House" cookbook follows its sponsor, the National Alliance to End Homelessness, through a series of recipes from well-known restaurateurs and everyday volunteers, stories of special food occasions from culinary specialists and opportunities for selflessness by the reader.

Two recipes come from the St. Louis community. Pasta con Broccoli is from the Pasta House Company's Kim Tucci, director on the board of the Child Assistance Program and St. Patrick Center, both of which offer help to homeless people in St. Louis. He and the Pasta House group helped establish McMurphy's Grille, a restaurant which trains people who have been homeless.

Janet Becker — a volunteer community activist who calls homelessness and low-income housing her "passion" — contributed Turkey Neck Bean Soup, a recipe she says really



belongs to her husband Bernard (Bernie). She says the soup is warm, comforting, nice to come home to during winter weather.

"The whole idea of winter when you live in a place like St. Louis makes you appreciate winter as sort of what the home represents. It's warm and cozy."

There is something so special about that. But there are people who are outside without a home. That is the terrible flip side. There are people who don't have a warm place," she says. "That's unacceptable. It doesn't have to be like that." The cookbook "Open House" is an appealing book of recipes and recollections — but it is much more. Volunteers with the homeless tell simple accounts of their activities — becoming a friend and male role model for a belligerent 4-year-old, cooking and serving food at a soup kitchen, a former resident of a shelter who returns to help others, personal journeys to self-worth earned by self-giving.

Many local programs need volunteers in the new year. There are casseroles to be donated through churches, letters to be written to governments to provide more effective assistance for those who need homes, and tutoring and rocking of children whose parents do not have a home.

"There are lots of things going on out there it doesn't have to be a long-term commitment,"

Becker says. The Ethical Society of St. Louis gave Becker the James F. Hornback Ethical Humanist of the Year Award in 1993.

"Open House" will continue to be available for \$15.95 (plus \$3 if it is to be mailed) from Child Assistance Program, 3827 Enright Ave., St. Louis, Mo. 63108, phone 531-4250.

Donna Brostrom — director of the Child Assistance Program, an emergency shelter for homeless women and children — suggests people look at smaller agencies, too, to offer their help.

"We need volunteers to help answer phones and be receptionist. There is day care. We need

money desperately. Smaller agencies' donations are down tremendously after the flood," she says.

Becker offers several ways — "10 or less," she says — to help the homeless in 1994.

The Rent Assistance Loan Fund lends the money — an average of \$80 — to people lacking the security deposit or first month's rent to move into public housing or an apartment with a subsidy. Since October, the fund has helped 14 families. It is supported by donations and sale of "house pins," individualized jewelry for \$10 each.

Room at the Inn provides a place for the homeless during

the day in St. Louis County and organizes overnight facilities from churches and groups which sometimes donate support for just a night or two a month.

About 50 groups now serve 20 people a night, with more help needed. Room at the Inn can be contacted at 321-0025.

People who want to write letters or make phone calls may be interested in helping further proposals for the city of St. Louis or State of Missouri to establish a housing trust fund, which would include more local control of rent assistance.

To order a house pin or for more information call Becker at 993-3398.

Dunk veggies in dip with winning broccoli

Carol Kuhlengel, 1225 Chambers Road, is the winner of this week's recipe contest for 1-2-3 Broccoli Dunk. For it she wins a prize of dinner certificates from Pasta House Company.

Starting with a favored recipe (dip called for cooking broccoli and onions and a tube cheese she no longer can find, she streamlined ingredients and preparation. Her experiment is the hit of every party she attends. Ingredient amounts are variable because the consistency remains about the same.

Recipes in this month's Side Dish Recipe contest will be accepted through Dec. 31 for consideration as winner each week in January. Send in any type of recipe for any type of side dish, such as pasta, salad, vegetable, rice or barley.

One recipe per household can be sent to: Side Dish Recipe Contest, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

As usual, if there is a history to the recipe, it will be considered part of the entry. Along with taste and eye appeal, it will be used as a basis for selecting winners. Originality will be considered, although the recipe need not be original. If possible, name the recipe's source. Include the name of the *Journal* you receive.

Winners are notified by mail. Duplicate entries will be considered on the basis of earlier entry or best compliance with the rules. Contest winners may enter again six months after the prize-winning publication date.

1-2-3 broccoli dunk
1 pkg. (10 oz.) frozen chopped broccoli
1 lb. process cheese spread
1/2 to 2 cans (10% oil) cream of mushroom soup
Pinch garlic salt or powder

Heat broccoli, cheese, soup and garlic on high in crockpot. Stir constantly to cook on high, stirring occasionally, 30 to 40 minutes. Reduce heat to low and stir occasionally. The longer it cooks, the thicker it gets.

Serve hot from crockpot with bread chunks and/or bite-size vegetables.

Note: Cheese and soup amounts can be increased or decreased.

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Shape 12 with sweets

Celebrating the 12th Christmas is more than with tree-shaped bakes.

A tree-shaped cake is easy to make using breads — even easy frozen bread dough — shaped and baked using the dough in amounts.

Each of these day-bakes uses a convenience. Many ideas can be used to form a simple idea in to the season.

For easy removal of goods from the pan, to grease the pan or nonstick cooking spray.

On the first day of Wake up to the special cinnamon rolls baked up with cheddar cheese from a refrigerated ascending numbers to two on the bottom directed. Drizzle with green tinted confection glaze.

On the second day mas: Bake brownies shaped cake pan, it Trim it with nuts and let the kids decorate dy-coated chocolates candy.

On the third day of Pick up chili for supper up with cheddar cheese green onion and bacon, then serve bread from a mix and baked in a tree-shaped glaze.

On the fourth day mas: Invite a few coffee and dessert. S frosted with white icing and flocked with coconut, tinted by a few drops of red or coloring and a spoon.

On the fifth day Gather around a pie refrigerated dough for Top with prepared shredded cheese, tomato, basil and green bell pepper. A crowning touch is star.

On the sixth day Transform cereal into a tasty babysitter. Simply peppermints into the press into the bus shaped pan or shap Cool. Remove from sary. Wrap in red c tic wrap and tie with

On the seventh day mas: For New Year's turn a favorite cheese Christmas cheese removal from a dish it with plastic wrap with nuts and fresh

On the eighth day mas: Relax with shaped family h feed the family. h mix in the shape then cut horizontal with favorite sandw

On the ninth day Use the pan to school snack of pop On the tenth day Easy Bacon Cheese win raves. Perfected

Light stuffing to Stuffing is one day meal that c with fat. To keep i turkey sausage in when it is include the stuffing, use eggs, use 2 egg wh cornbread dressing prepare it subst whites for each s skim milk for reg te celery and juice or broth unt

4089 PONY

WHOLE TURKEY

BONEL

SLAB

SLAB

Shape 12 days of Christmas with sweet 'n' savory boughs

Celebrating the 12 days of Christmas is more impressive with tree-shaped breads and goodies.

A tree-shaped cake pan is necessary to make some treats, but breads — even easy ones from frozen bread dough — can be shaped and baked freehand by using the dough in graduating amounts.

Each of these day-by-day ideas uses a convenience product. Many ideas can be used to transform a simple idea into a tribute to the season.

For easy removal of baked goods from the pan, remember to grease the pan or spray with nonstick cooking spray before baking.

On the first day of Christmas: Wake up to the spicy aroma of cinnamon rolls baking in the oven. Arrange cinnamon rolls from a refrigerated package in ascending numbers by row with two on the bottom. Bake as directed. Drizzle with red and green tinted confectioner's sugar glaze.

On the second day of Christmas: Bake brownies in a tree-shaped cake pan, if available. Trim it with nuts and berries or let the kids decorate it with candy-coated chocolates and colorful candy.

On the third day of Christmas: Pick up chili for supper. Dress it up with cheddar cheese, sliced green onion and crumbled bacon, then serve with cornbread from a mix, which can be baked in a tree-shaped pan.

On the fourth day of Christmas: Invite a few friends for coffee and dessert. Serve a cake frosted with white buttercream icing and flocked with shredded coconut, tinted by tossing with a few drops of red or green food coloring and a spoonful of water.

On the fifth day of Christmas: Gather around a pizza tree. Use refrigerated dough for the crust. Top with prepared pizza sauce, shredded cheese, chopped fresh tomato, basil and chopped red and green bell pepper. The crowning touch is a pepperoni star.

On the sixth day of Christmas: Transform cereal marshmallow bars into a tasty treat for the babysitter. Simply stir crushed peppermints into the recipe, then press into the buttered tree-shaped pan or shape by hand. Cool. Remove from pan if necessary. Wrap in red or green plastic wrap and tie with a bow.

On the seventh day of Christmas: For New Year's Christmas, turn a favorite cheese ball into a Christmas cheese tree. For easy removal from a dish or pan, line it with plastic wrap. Garnish with nuts and fresh herbs.

On the eighth day of Christmas: Relax with a giant tree-shaped sandwich big enough to feed the family. Bake hot roll mix in the shaped pan. Cool, then cut horizontally and layer with favorite sandwich fillings.

On the ninth day of Christmas: Use the pan to serve an after-school snack of popcorn.

On the tenth day of Christmas: Easy Bacon Cheese Bread will win raves. Perfect for dinner.

Light stuffing for poultry

Stuffing is one part of a holiday meal that can be loaded with fat. To keep it in check, use turkey sausage instead of pork when it is included. A recipe for the stuffing itself calls for 2 eggs, use 3 egg whites instead. If cornbread dressing is the base, prepare it substituting 2 egg whites for each whole egg and skim milk for regular milk. Sauté celery and onion in apple juice or broth until cooked.

this savory bread starts with frozen bread dough "dressed up" with mozzarella cheese, bacon, onion and Italian seasonings.

On the eleventh day of Christmas: Provide focaccia by drizzling refrigerated pizza dough with olive oil, sprinkling with dried basil, oregano, garlic powder and anise seed, sprinkling lightly with grated parmesan cheese, then baking.

On the twelfth day of Christmas: Get ready for a special weekend with a cookie pizza. Bake a brownie mix. Cool and remove from pan. Drizzle with prepared caramel sauce and sprinkle with chocolate chips, cherries, nuts, raisins and/or coconut left from making cookies.

Easy bacon cheese bread

- 2 loaves (1 lb. each) frozen bread dough, thawed
- 5 slices bacon, thinly sliced
- 1 medium onion, thinly sliced
- 8 oz. mozzarella cheese, very thinly sliced
- 1 tsp. Italian seasoning

Thaw dough overnight in refrigerator. Knead together loaves. Place on floured surface and cover with plastic wrap. For ease in handling, let dough rest 10 to 15 minutes. Roll dough in 14-inch circle.

Brush circle of dough with bacon drippings. Sprinkle bacon, onion, cheese and Italian seasoning evenly over dough. Roll up jellyroll-style. Pinch together dough along long seam to seal.

Cut in ¾-inch slices. Arrange slices, cut-side down in pan, pressing to rearrange. There may be 2 to 3 small end pieces of dough left over. Let rise, covered, until place 1½ to 2 hours until doubled in size.

Preheat oven to 350°. Spray baking pan with nonstick cooking spray.

Bake in preheated oven 25 to 30 minutes until golden brown. Cool 5 minutes. Remove from pan. Serve warm.

Note: One package (16 ounces) hot roll mix can be substituted; bread will not be as thick. A favorite bread recipe also can be substituted.



Bend the branch to share any of the 12 days of Christmas with a tree in tune with the day.

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Greek honey cookies

- 1 cup (2 sticks) butter or margarine, softened
- ½ cup sugar
- ½ cup orange juice
- ¾ cup flour
- 1 tsp. baking powder
- ¼ tsp. baking soda
- ¼ tsp. salt
- 1 cup (8 oz.) candied pineapple, diced or wedges, finely chopped
- ¼ cup (2 oz.) glace diced orange peel, finely chopped
- Honey syrup

Beat butter and sugar in large mixing bowl until fluffy. Beat in orange juice. Mix in combined flour, baking powder, baking soda and salt. Mix in candied pineapple and orange peel. Wrap dough in plastic wrap. Refrigerate at least 1 hour.

Preheat oven to 350°.

Roll dough in 1-inch balls. Shape

balls into 2-inch long logs or ovals.

Bake on ungreased cookie sheets in preheated oven about 20 minutes until golden. Cool on wire racks. Store in airtight container at room temperature, or freeze up to 6 weeks.

Before serving, thaw cookies, if necessary, and place in baking pans. Pour Honey Syrup over cookies. Let stand 15 minutes. Place cookies on wire racks on waxed paper. Spoon Honey Syrup remaining in pans over cookies.

Makes about 6 dozen cookies.

Honey Syrup: In small saucepan, heat 1 cup honey, ¾ cup water, ½ cup sugar, 1 cup finely chopped walnuts and ½ teaspoon cinnamon to boiling, stirring frequently. Reduce heat. Simmer 5 to 8 minutes until syrup is slightly thickened. Cool 10 minutes.

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apple, carrot, milk, eggs and vanilla. Mix ingredients until just

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Pop from cookies to corn for last-minute snack, goodie gift

By Mary Schroepfer

When I no longer can find another piece of fudge, fruit cake or Christmas cookie, I reach for popcorn.

Popcorn flavors range from plain to herbal, and can be made for just 5 cents per 3-cup serving. A one-pound bag (2½ cups) popcorn kernels sells for 79 cents and yields 12 to 13 quarts popcorn. Cookies are never so cheap.

For quick gifts, 1 pop, season and package several flavors of popcorn in less than an hour. Recycled decorator canisters, plastic food bags tied with bows and streamers, even large glass jugs make good containers. Unseasoned versions are appreciated by individuals who avoid sugary snacks.

Popcorn does not contain a lot of nutrients, but is a good source of fiber. A 3-cup serving supplies about 4 grams fiber. An average American eats only 10 grams fiber a day, but should be eating 25 to 30 grams, according to the National Cancer Institute.

Nutritionally, non-oil popped popcorn is virtually fat-free and has only 90 calories in a 3-cup serving. However, labeling on microwave popcorn should be read carefully, because fat and sodium content varies widely.

Store unpopped kernels in airtight jars, not in plastic bags. During the winter when indoor air is dry, popcorn can lose as much as one-half percent moisture in 24 hours if left in open containers. Popping success drops with moisture content.

If corn gets too dry, add one tablespoon water per quart jar and reclose jar. Turn the jar over at least twice a day, and test pop after several days. Repeat procedure if corn does not pop. After two tries, consider replacing popcorn.

Popcorn can be prepared easily at home in a heavy saucepan. Heat 3 tablespoons oil in the saucepan. Add ½ cup popcorn kernels and cover. Continue heating popcorn over

high heat, while sliding the saucepan back and forth over the burner to prevent kernels from sticking. Heat until popping stops. Immediately remove from heat. Pour into bowl or container. Season to taste.

Air poppers and microwave poppers can be used to prepare nonfat popcorn. Follow manufacturer's directions.

To keep down calories, season plain air-popped or low-fat microwave popcorn with chili powder, onion powder, parmesan cheese or butter-flavored granules. Spraying lightly with nonstick cooking spray before adding the flavor helps it stick.

Parmesan cheese popcorn

2½ qt. air-popped popcorn
½ cup grated parmesan cheese
1 tsp. shredded lemon peel
Spray popcorn lightly with nonstick cooking spray. Toss with parmesan cheese.

Three cups provides 159 calories, 5.7 g fat (31 percent calories from fat) and 4 g fiber.

Dilly popcorn

2½ qt. Pepper-Popped Popcorn
1 tsp. shredded lemon peel
1 tsp. dill weed
2 tsp. margarine, melted
Combine lemon peel and dill weed in small bowl. Mix well, using pestle or back of spoon.

Pepper-Flavored Popcorn: Coat 3 tablespoons oil and ½ teaspoon dried crushed chili peppers in small saucepan 1 minute. Strain through fine sieve. Pop with ½ cup popcorn.

One cup provides 71 calories, 5 g fat (61 percent calories from fat) and 1.3 g fiber. Alternate Herbal Blend: Replace dill with ¼ teaspoon basil or savory, and add ¼ teaspoon parsley flakes and ½ teaspoon finely chopped chives.

Some economist Mary Schroepfer is food and nutrition specialist for University of Missouri Extension in Franklin County.

Diet tips spell relief for holiday reveler

By Kelly Doyle Duncan

Christian Hospital

Northeast-Northwest
Jeannine Pummer, Florissant, was diagnosed with diabetes five years ago. Last summer she changed her eating and cooking style after getting serious about her possible health fate.

Her physician, Francisco Garriga, referred her to Christian Hospital's Diabetic Care Center and she learned how to see her choices: Take control of her health or face problems that could spell disaster in the next 10 or 15 years.

Now she takes medicine to regulate her blood sugar, checks her blood glucose twice a day, exercises five days a week and follows a strict diabetic diet.

She feels the end justifies whatever means she must use to ensure a happy, healthy life ahead. She misses eating sweets occasionally, but is not overwhelmed by skipping them.

This is Pummer's first holiday season since she began monitoring her diabetes, and she feels pretty good about it.

"I don't think I'll have any problems. I host both Thanksgiving and Christmas dinners, and I know I won't be able to eat everything I prepare for my family," she says.

She prepares a single traditional meal for her family, not geared to the diabetic, for their enjoyment.

"I simply eat smaller portions and eat mashed potatoes without gravy. However, I will allow myself a sip of wine or one bite

of pie on special occasions. Really, a diabetic diet is very healthy and good for everyone," she says.

Depending on an individual meal plan, a diabetic can use substitutes for sugar (like aspartame, Nutrasweet), fat (such as fat-free cheese) and salt substitutes (sodium-free herb seasoning). Pummer encourages all diabetics to get correct medical education about their disease. Local health centers offer an array of services.

"The program at Christian Hospital is wonderful. If you think you have control of your diabetes, take this course and see if you really do. It is so comforting to be in control of my health for the rest of my life," she says.

The following holiday tips and recipes recommended by her program are designed for diabetics, but also apply to those watching their weight:

• Review portion sizes according to your individual meal plan. Avoiding sweets is productive, but eating too much food still can raise blood sugar.

• Watch the nibbles. An average "bite" is about 50 calories, so reach instead for sugar-free and low-calorie foods and drinks. Eat slowly and talk a lot.

• Alcohol affects blood sugar and adds calories. Drink alcohol only with a physician's approval and learn how to work alcohol into your meal plan. Alcohol should be consumed only with a meal and in small amounts — never on an empty stomach.

Exercise regularly through

the holidays. Take along friends and family.

Here are some recipes adapted to help the diabetic or anyone watching fat and calories enjoy the holidays:

Chocolate rum pie

½ cup chocolate water crumbs
2 pkg. (4 servings each) instant sugar-free pudding mix
3 cups skim milk
2 tsp. rum extract
1½ cups frozen reduced-calorie whipped topping, thawed

Spray 8- or 9-inch round pie pan with cooking spray. Put crumbs in pan. Shake to distribute evenly over side and bottom, leaving loose crumbs in pan.

Mix milk and pudding mix well. Add rum extract. Let stand a few minutes to thicken slightly.

Pour into prepared pie pan. Chill at least 1 hour until set.

Spread with topping. Cut in 8 slices to serve.

Herbed fish fillets

3 shallots, chopped
1 lb. sole or flounder fillets

1½ tsp. dried or 3 tbsp. chopped fresh basil

¼ tsp. rosemary, crushed

¼ tsp. pepper

¼ cup vermouth

¼ cup fresh lemon juice

1 to 2 tbsp. chopped parsley

Preheat oven to 350°. Coat oven-proof casserole with nonstick cooking spray.

Sprinkle shallots over bottom of dish.

Rinse fish and pat dry. Sprinkle each fillet with basil, rosemary and pepper. Roll individually, starting with wide end.

Place rolls side-by-side in casserole. Pour vermouth and lemon juice over fish. Bake in preheated oven 25 minutes, until fish turns from translucent to opaque.

Garnish with parsley.

Makes 4 servings. One serving = 3 meat.

From "Light and Easy Diabetic Cuisine" by Betty Marks.

Spicy pumpkin torte

½ cup chopped unsweetened dates

(See DIET, Page 6C)

HIGH BLOOD PRESSURE?

The ST. LOUIS CENTER FOR CLINICAL RESEARCH is currently seeking volunteers with a history of high blood pressure to participate in a research study to evaluate an investigational medication.

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Careful eater learns to trek through holiday food fare

By Kelly Doyle Duncan

Christian Hospital

Northeast-Northwest

When Jeannine Pummer was diagnosed with diabetes five years ago, she was pretty blasé.

The 63-year-old Florissant resident frequently splurged on dessert, ate food portions that were much too large and didn't monitor her blood sugar level.

When Dr. Francisco Garriga, her physician, referred her to Christian Hospital's Diabetic Care Center, she stood up and took notice. Pummer entered the four-day outpatient treatment and education program last June.

"It was a real eye-opener. I never knew about diabetes affecting kidney failure, amputations and blindness," Pummer says.

"I knew that if I didn't start taking control of my diabetes, those things would happen to me in 10 or 15 years."

Like many medical plans that cover diabetes education available at other local hospitals, Pummer's insurance covered the cost of the diabetic care program.

The education she received changed her old ways. Now she takes medicine to regulate her blood sugar, checks her blood glucose twice a day, exercises five days a week and follows a strict diabetic diet.

It's a pretty stringent schedule, but Pummer says she does not mind.

"I can live with it. I do miss sweets occasionally, but it's not overwhelming," she said. "My health is more important than a piece of cake."

Pummer heads into her first holiday season monitoring her diabetes with a positive attitude. She plans to cope with planning and guidelines.

Here are some tips she can use:

• She knows her personal meal plan works well. When eating at a friend's home, she can ask what will be served and when it will be served. She can adapt her meal plan accordingly.

• Hors d'oeuvres and "bites" add calories quickly. An average "bite" probably has about 50 calories. Instead, reach for sugar-free and low-calorie foods and drinks.

• If a meal is delayed, snack on fresh vegetables or eat one starch food to decrease the risk of low blood sugar. If a meal is delayed more than two hours, switch dinner and a bedtime snack.

• Eat slowly and talk a lot during gatherings to keep from overeating. It takes about 20 minutes for the brain to register the stomach is full.

• If indulging in a sweet or a high-calorie food, keep the portion very small.
• Continue regular exercise through the holidays. Encourage friends or family to walk along.
Here are some recipes to help diabetics enjoy the holiday season happily and healthfully.

Hot wassail

4 cups (1 qt.) unsweetened apple juice
3 cups unsweetened pineapple juice
2 cups cranberry juice cocktail
½ tsp. nutmeg
1 cinnamon stick
3 whole cloves
Lemon slices

Combine apple and pineapple juices, cranberry juice cocktail, cinnamon, cloves and lemon in large kettle. Simmer 10 minutes.

Serve hot.
Makes eighteen (½-cup) servings. One serving = 1 fruit.

From American Diabetes Association's "Holiday Cookbook" by registered dietitian Betty Wedman.

French green beans almondine

1 cube bouillon
½ cup boiling water
1 pkg. (10 oz.) French-cut green beans
1 tbsp. slivered almonds
1 tbsp. liquid margarine

Dissolve bouillon in boiling water. Add green beans. Cook until tender. Drain beans.

In separate pan, sauté almonds in margarine until brown. Drain. Toss with beans.

Makes 4 servings. One serving = 1 vegetable and 1 fat.

From "Cooking for Diabetics" by registered nurses Kelly Maynard and Lucian Maynard and Dr. Theodore Duncan.

Fruit cookies

1 cup raisins
5 dates
1 cup water
½ cup shortening
2 eggs, beaten
3 tsp. or 3 pkg. sweetener
1 tsp. vanilla
1 tsp. baking soda
1 cup flour

Boil raisins and dates in water 10 minutes. Cool. Drain. Mix fruit with shortening, eggs, sweetener, vanilla, baking soda and flour. Chill.

Preheat oven to 350°. Drop soft batter by rounded spoonful on ungreased cookie sheets. Bake in preheated oven 10 to 12 minutes.

Makes 40 cookies. Four cookies = 1 fruit, 1 bread, 2 fat.

From Doris Lackey, wife of a Diabetics Care Center patient.

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FOOD

Santas can enjoy light, luscious indulgence



Enjoy the holiday season one party at a time. Eggnog, apple cheesecake and peppermint parfaits are treats everyone — even those trying not to over-indulge — can enjoy.

•Diet—

(Continued from Page 5C)

- 1/4 cup chopped walnuts
- 2 tbsp. flour
- 1/4 cup (1/2 stick) margarine
- 1/4 cup honey
- 1/2 cup cooked or canned pumpkin
- 1 tsp. vanilla
- 2 eggs
- 1/2 cup flour
- 1 tsp. baking powder
- 1 tsp. pumpkin pie spice
- 3/4 tsp. baking soda
- Preheat oven to 350°. Oil 11-inch long oval casserole.
- Combine dates, walnuts and flour.
- Melt margarine over low heat. Stir in honey, blending well. Remove from heat. Add pumpkin and vanilla. Beat in eggs, one at a time.
- Combine flour, baking powder, pumpkin pie spice and baking soda. Add pumpkin mixture, mixing thoroughly. Blend in flour, dates and nuts.
- Pour into prepared baking pan. Bake in preheated oven 28 to 25 minutes until golden brown.
- Serve warm, if desired with 1 tablespoon reduced-calorie whipped topping.
- Makes 8 servings. One serving = 1 starch + 1 fat.

In the world of party-now and pay-later, sugar-free and light recipes are a welcome relief. They weigh in with fewer calories and less fat than many traditional holiday desserts.

A perfect example is Peppermint Parfaits — delicious, easy to make, low in fat and 60 calories per serving. To indulge in the time-honored tradition of holiday nog, ring in the season with a low-fat rendition of the classic — Creamy Holiday Nog Cups, with 70 calories per serving compared with the usual nog at 170 calories and 9 g fat. Or for the ultimate indulgence, the scrumptious layers of Apple-Topped Cream Pie double the enjoyment of a single delightful dessert.

Peppermint parfaits

- 1 cup boiling water
 - 1 pkg. (4 servings) raspberry or lime sugar-free gelatin
 - 1/4 cup cold water
 - 2 tsp. white creme de menthe, if desired
 - 1 cup reduced-fat frozen whipped topping, thawed
- In medium bowl, stir boiling water into gelatin 2 minutes or until completely dissolved. Stir in cold water and creme de menthe. Reserve 1 cup mixture. Let stand at room temperature. Refrigerate remaining gelatin about 1 1/2 hours until slightly thickened. Stir 1/2 cup whipped topping into slightly thickened gelatin until smooth. Pour mixture into 4 parfait glasses. Refrigerate 1 1/2 hours or until set but not firm. Pour reserved gelatin

evenly over creamy layers. Refrigerate 3 hours or until firm. Top each parfait with 2 tablespoons whipped topping. Makes 4 servings; 60 calories, 2 g fat, no cholesterol, 75 mg sodium, 6 g carbohydrate and 2 g protein each. Exchanges: 1/2 fruit (based on sugars not fruit) and 1/2 fat. Recipe can be doubled.

Creamy

holiday nog cups

- 2 cups boiling water
 - 1 pkg. (8 servings) or 2 servings (4 servings each) lemon sugar-free gelatin
 - 1/2 cup cold water
 - 1/2 cup cold skim milk
 - 1 pkg. (4 servings) vanilla sugar-free instant pudding mix
 - 2 tsp. rum extract
 - 1/2 tsp. nutmeg
 - 2 cups frozen reduced-fat whipped topping, thawed
- In large bowl, stir boiling water into gelatin 2 minutes or until completely dissolved. Stir in cold water. Cool to room temperature.

In separate bowl, add pudding mix to milk. Beat with wire whisk 20 to 30 seconds. Immediately stir into cooled gelatin until smooth. Stir in rum extract and nutmeg. Refrigerate 1 1/2 hours or until slightly thickened. Stir in whipped topping with wire whisk until smooth. Pour into individual dessert dishes or mugs. Refrigerate 4 hours or until firm. Garnish each serving with additional 1 tablespoon whipped topping. Sprinkle with ground nutmeg, if desired. Makes 5 cups or 10 servings; 70 calories, 2.5 g fat, no cholesterol, 210 mg sodium, 9 g carbohydrate and 3 g protein per serving. Exchanges: 1 fruit (based on sugars, not fruit) and 1/2 fat.

Apple-topped

cream pie

- 2 cups cold (2 percent) milk
- 1 pkg. (8 oz.) neufchatel (light) cream cheese, softened

- 2 pkg. (4 servings each) vanilla sugar-free instant pudding mix
- 1 tsp. cinnamon, divided
- 1 graham cracker crumb crust (8 oz.)
- 1 can (20 oz.) sliced apples, drained, sliced
- Granulated sugar substitute

Using wire whisk in large bowl, gradually beat milk into cheese until smooth. Add pudding mix and 1/2 teaspoon cinnamon. Beat 1 to 2 minutes. Spread evenly in crust. Mix apples and remaining 1/2 teaspoon cinnamon in small bowl. Sweeten to taste with sugar substitute. Spoon evenly over pudding mixture. Refrigerate 4 hours or until set. Store left over pie in refrigerator. Makes 8 servings; 200 calories, 13 g fat, 25 mg cholesterol, 580 mg sodium, 30 g carbohydrate, 6 g protein and 2 g dietary fiber each. Exchanges: 2 starch and 2 fat.

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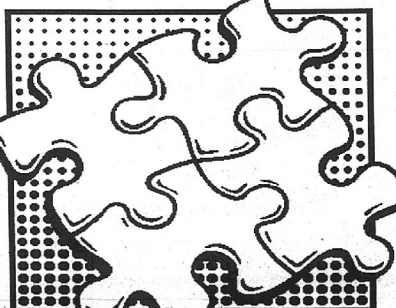
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Fed eco

By Roger McGrath
Correspondent

If you knew inflation would change its mind, would it? Would you alter its course?

Which is Jerry J. the Federal Reserve that the "long-run" (sic) should be to (Consumer Price) watched indicator? Zero inflation we he says.

Unfortunately, tions of future prices and wage public expects inflation. Recent history the 1980s, inflation prices upward. Yet, the University of Chicago's study finds "inflation exceeding

Consumers knowledge

Clean filters are a smoothly running. They'll also help keep breathe clean. The sent by Fram/Air motorists understand workings of their car.

• What's the filter gets into gasoline, zies or carburetor clogged up. The re starting, rough idling. What type of filter problem?

(Answer: Fuel filter.)

• Exhaust contr automotive part tained, your engine much fuel, which exhaust and poll.

Hints: With very few this part can only cars built since 1970 warning light on boards goes on w should be changed.

(Answer: Oxygen.

• "Don't get foule leave these in your too long, you'll fou rument, lower you age and maybe engine.

(Answer: Spark.

• Clean it up. By age can simple maintenance cut a percent.)

• Smog hogs. C trucks made bef produce up to 75 smog-producing ex (Answer: 1985.)

• Time for a c sensors monitor air mixtures for c preventing your c ling dirty exhaust. How often should changed?

(Answer: Repla sors every three wait until the dash light glows, howe to work more slo the light goes on.

• What we buy Five most com bought by people their cars?

(Answer: In de motor oil, oil freeze/coolant, wax/polish produ.

• A real bargai today costs appr What did one cos (Answer: \$2.

products, spark gone way down.)

• Biggest poli No. 1 cause of the United Sta might be sittin now.

(Answer: M Cars, trucks an for over two-th carbon monoxid half of the nitr hydrocarbon en air.)

• Do it today. American mot clean the air? (Answer: Mai regularly.)

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Fed economist argues for zero inflation

By Roger McGrath
Correspondent

If you knew inflation would hover around zero, would that change your spending and saving habits? Would you alter your wage demands?

Of course. Which is Jerry Jordan's point. The president of the Federal Reserve Bank of Cleveland argues that the "long-run goal of Federal Reserve policy" should be to stabilize the level of the CPI (Consumer Price Index), "the most widely watched indicator of inflation."

Zero inflation would yield a healthier economy, he says.

Unfortunately, we expect inflation. Expectations of future prices are built into interest rates, prices and wage demands, Jordan says. "The public expects inflation to trudge forward."

Recent history demonstrates his point: During the 1980s, inflation was generally in check, pushing prices upward about 3 to 4 percent a year. Yet, the University of Michigan's Survey of Consumers finds "households continue to forecast inflation exceeding 4 percent over the next five to

10 years," he says.

Consumers "have now come to expect a continuing depreciation in the value of the dollar," he adds. Despite the modest inflation of the '80s, the overall price level has climbed nearly 50 percent. "A dollar today buys just under two-thirds of what it did in 1983," Jordan says.

Adopting a zero-inflation monetary policy would shatter our expectations about future prices, he says.

But not right away. To convince the American public of the Fed's commitment to controlling inflation, Jordan recommends one-half percentage point be wrung out of the CPI each year, reaching zero in 2000.

"Zero" inflation doesn't mean prices won't increase. Some will, but others would fall, so the overall price level wouldn't change. Jordan suggests that CPI movement 3 percentage points on either side of the zero mark would be acceptable; any swings greater than that would trigger Fed action.

Adopting a zero-inflation policy also would give the Fed "a clear, credible long-term objective," a standard against which policy prescriptions could be judged, he says.

Clinton nuclear reactor restarted

Workers at the Clinton Power Station restarted the plant's nuclear reactor recently as the plant neared the end of its fourth refueling.

Plant operators began pulling control rods from the reactor core at 8:45 p.m. on a Friday, a plant-record 69 days after the start of the refueling outage. The control rods were inserted into the reactor core at the beginning of the refueling period to prevent a nuclear chain reaction from taking place, shutting down the reactor.

The plant was operating at 5 percent power the following Monday morning. Following a restart, temperature and steam pressure build slowly over several days before the plant resumes producing power for Illinois Power customers.

The refueling outage will offi-

cially end the day the plant begins supplying electricity to the Illinois Power transmission system. In 1992, the national average for nuclear plant refueling outages for plants like Clinton was 122 days. The third Clinton refueling in 1992 lasted 91 days.

Workers shut down the plant Sept. 26 following a record 306 consecutive days of operation. At that time, the plant had operated at nearly 100-percent capacity for 1993.

During the outages, workers replaced 156 of Clinton's 824 fuel bundles and performed more than 2,500 maintenance and testing tasks. The outage involved months of planning and the close cooperation of about 1,000 Clinton employees and about 800 contract workers.

Clinton's fuel bundles are replaced approximately every 18 months. The bundles cost \$350,000 each, or \$54.6 million for the 156 replacements.

The efficiency of fuel is expressed in dollars per million BTU, or British Thermal Unit. A BTU is the amount of heat required to raise the temperature of a pound of water by one degree Fahrenheit.

At 99 cents per million BTU, nuclear fuel is the least expensive fuel used by Illinois Power. Coal runs second, at \$1.44 per million BTU.

The Clinton Power Station is one of six plants operated by Illinois Power and can produce 930 megawatts of electricity. At full power, the plant produces about a quarter of the electricity used by 560,000 Illinois Power customers.

Consumers can test their knowledge of filter systems

Clean filters are the secret to a smoothly running automobile. They'll also help keep the air we breathe clean. This quiz, presented by Fram/AutoLife, helps motorists understand the inner workings of their cars.

• What's the filter? When dirt gets into gasoline, injector nozzles or carburetor jets often get clogged up. The result is hard-starting, rough-idling engines. What type of filter prevents this problem?

(Answer: Fuel filter.)
• Exhaust controller. If this automotive part isn't maintained, your engine may use too much fuel, which creates dirty exhaust and pollutes the air. Hint: With very few exceptions, this part can only be found on cars built since the mid-'80s. A warning light on most dashboards goes on when this part should be changed.

(Answer: Oxygen sensor.)
• Don't get fouled up. If you leave these in your car or truck too long, you'll foul up the environment, lower your fuel mileage and maybe damage your engine.

(Answer: Spark plugs.)
• Clean it up. By what percentage can simple routine car maintenance cut air pollution?

(Answer: By as much as 50 percent.)
• Smog hogs. Cars, vans and trucks made before what year produce up to 75 percent of the smog-producing exhaust?

(Answer: 1985.)
• Time for a change. Oxygen sensors monitor proper fuel and air mixtures for cleaner exhaust, preventing your car from emitting dirty exhaust into the air. How often should you have them changed?

(Answer: Replace oxygen sensors every three years. You can wait until the dashboard warning light glows, however it can begin to work more slowly even before the light goes on.)

• What we buy. What are the five most common auto parts bought by people who work on their cars?

(Answer: In descending order: motor oil, oil filters, anti-freeze/coolant, air filters and wax/polish products.)

• A real bargain. A spark plug today costs approximately \$1.25. What did one cost 80 years ago?

(Answer: \$2. Unlike most products, spark plug prices have gone way down.)

• Biggest polluter. What's the No. 1 cause of air pollution in the United States? Hint: You might be sitting in one right now.

(Answer: Motor vehicles. Cars, trucks and buses account for over two-thirds of the total carbon monoxide and about one-half of the nitrogen oxides and hydrocarbon emissions in the air.)

• Do it today. What can each American motorist do to help clean the air?

(Answer: Maintain his/her car regularly.)

• Beam me up, Scotty. What American city's motorists drive a distance equivalent to a trip from Earth to Mars every day? (Answer: Los Angeles. L.A. drivers travel over 142 million miles in a single day.)

• What's it for? What device keeps unburned gases out of your engine—and toxic emissions out of the air?

(Answer: Positive crankcase ventilation or PCV valve.)

• Leftovers. What are the by-products of the incomplete combustion of gasoline and air?

(Answer: Exhaust gases or tail pipe emissions.)

• Name that filter. What are the essential filters in your car, all of which can help reduce emissions when properly installed and maintained?

(Answer: The oil, air, fuel and transmission filters.)

• Clean car. In what year will the final provisions of the recently passed Clean Air Act Amendments go into effect?

(Answer: 1998.)

• Cut down on cold starts. When is your car the most emissions-intensive, sending the most pollutants into the air?

(Answer: The first few minutes after you start your engine. Cold starts are tough on your car and tough on the environment.)

• Emission mission. Since what year have all vehicles been required to have some type of emissions control system?

(Answer: 1975. However, vehicles made before 1983—when more effective emission controls were put in place—account for 88 percent of the pollution emitted by all cars on the road.)

• Unnecessary pollution. The air filter cleans the air the engine uses. A dirty air filter may increase engine pollution. How often should you change your air filter?

(Answer: At least once a year more often if you drive in dusty areas or on dirt roads. You should check your filter every time you change your oil.)

• Where does ozone come from? Motor vehicle exhaust is a large source of the two major ingredients in the chemical reactions that produce ozone. What are they?

(Answer: Hydrocarbons and nitrogen oxides. Another auto-related source of hydrocarbons is the gasoline that evaporates into the air every time you fill your tank.)

• Name that emission. What emissions are the result of incomplete fuel combustion?

(Answer: Hydrocarbons.)

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◆ Granite City	451-6600	◆ Customer Service 1-800-782-6708	

New Year's Eve, Fri. 12/31 - 9 A.M. - 4 P.M.
New Year's Day, Sat. 1/1 - Closed

It's A Total Value Holiday Tradition. Shop 'n Save Will Not Be Undersold On Any Whole Ham!

Our Holiday
Gift For You

Save
An Additional
\$200

Off Your Ham Purchase
With This Coupon

WITH THIS COUPON
Save \$200
On Any Brand Of
Whole Ham
Boneless or Bone-In
• LIMIT 1 HAM, ANY VARIETY, WITH
\$25.00 ADDITIONAL PURCHASE
• LIMIT ONE COUPON PER FAMILY
• GOOD THRU DEC. 24, 1993
Shop 'n Save. #6401

YOUR NAME
YOUR ADDRESS



By National, Schnucks or Dierbergs

WHOLE, 5 TO 7-POUND AVG.
FARMLAND
MINI MAPLE RIVER
Boneless Ham

117
lb.

SLICED FREE

WHOLE, 10 TO 12-POUND AVG.
Mickelberry
Boneless Ham

147
lb.

SLICED FREE

WHOLE, 10 TO 12-POUND AVG.
Kretschmar
Boneless Ham

157
lb.

SLICED FREE

Limit 1 Ham, Any Variety With \$25.00 Additional Purchase
ADDITIONAL PURCHASE EXCLUDES PRICES ON HAM & 39¢ ITEMS BELOW

\$5.00 CASH REBATE!
ON WHOLE MICKELBERRY HAMS BY MAIL
REBATE FORM AND DETAILS IN STORE

These Items Are
Just 39¢ Each:

- Gold Medal Flour
5-POUND BAG, ALL PURPOSE
- Bi-Rite Sugar
4-POUND BAG
- Kraft Parkay
Margarine Qtrs. REG. OR LIGHT 1-LB. PKG.
- Betty Crocker
Cake Mix 18-OZ. BOX
- Shop 'n Save Grade
"A" Large Eggs DOZEN

LOOK WHAT
39¢
WILL BUY!

• LIMIT 3 EACH WITH \$10.00 ADDITIONAL PURCHASE EXCEPT BI-RITE SUGAR, LIMIT 1 WITH \$10.00 ADDITIONAL PURCHASE
SAVE ON HUNDREDS OF RED TAG VALUES LIKE THESE!

USDA CHOICE BEEF
EYE OF
ROUND ROAST

1.99
lb.

LIMIT 2

BONELESS
SKINLESS
CHICKEN BREAST

1.99
lb.

LIMIT 3 PKGS.

ASSORTED VARIETIES
RUFFLES
POTATO CHIPS

2/\$3

13 TO 14.5-OZ.

COOL WHIP
REG., EXTRA CREAMY
OR CHOCOLATE

89¢

8-OUNCE TUB

LAND 'O LAKES
SOUR CREAM
LIGHT OR NO FAT

89¢

16-OUNCE TUB

SELECTED VARIETIES
HEIFETZ
PICKLES

99¢

16 TO 32-OUNCE JAR

KRAFT
VELVEETA
SHELLS & CHEESE

2/\$3

12 TO 14-OZ. BOX

REGULAR OR LITE
KRAFT
MAYONNAISE

1.29

32-OUNCE, LIMIT 1

ASSORTED VARIETIES
BEEFSTEAK RYE
BREAD

99¢

16-OUNCE LOAF

ASSORTED VARIETIES
RED BARON
12-INCH PIZZA

2/\$5.95

22 TO 25-OUNCE

KRAFT SHREDDED
CHEESE
ASSORTED VARIETIES

2/\$4

12-OUNCE PACKAGE

NABISCO
SNACK
CRACKERS

1.47

7 TO 10-OZ.

KRAFT
PHILADELPHIA
CREAM CHEESE

77¢

REGULAR OR LITE 8 OZ.

SWEET 'N JUICY
NAVEL
ORANGES

3.88

8-LB. BAG

Shop 'n Save

The more you shop
the more you save.SM

• PRICES GUARANTEED THRU DEC. 24, 1993 AT THE ST. LOUIS METRO STORES ONLY
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For Store Locations Call (314)984-0900

S	M	T	W	T	F	S

SHOP 'N SAVE WILL CLOSE AT 5:30 P.M.
CHRISTMAS EVE AND WILL BE CLOSED
CHRISTMAS DAY SO THAT OUR EMPLOYEES
MAY ENJOY THE HOLIDAY.
OPEN SUNDAY 9:00 A.M. TO 6:00 P.M.

**Happy
Holidays!**
And Thanks
For Your Business

Press-R
CL

FO

Please check your
tion and proper w
pers. At the time
verify spelling of
names. The Journal
reject or cancel th

Adjustments: Ple
day your ad appea
responsible for any
first day. If you ca
error occurs please
an error, the Jour
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not exceed the co

Cancellation:
\$77-7700. Ask
number. This nu
record of cancell
misunderstanding
call before the c
There is no refund
tion when purcha

Box Charges: Re
office, \$5.00 per
per week.

Faxing Your Ad:
fax your ad to
daytime phone

Build 88 Century will LO
\$100 Down/\$99
the Quality Approx
Cardinal 2001 Aerial 314777

90 LINCOLN TOWN CA
Loaded, Dual Air Bags, Key
Entry, And Much More. Spoo
Example!

SCHMITT
Cradle - Oldsmobile
618-244-1111

BAD
A
US
\$50
THI
88 Dodge Colt
82 Mercury Lyn
80 Ford Crown
87 Chevy Spec
85 Ford Econo
83 Buick LeSab

\$20
OF
PRICE O

JUST IN
1992
\$15

INCLUDES:
• Automatic
• Air Conditi
• AM/FM Ster
• Tilt Steerin
• Payment Base
Cash Or Trac

1993 DO
\$3

INCLUDES:
• V6 Engine
• Automatic T
• 7 Passenger
• Payment Base
Cash Or Trac

King
330



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Science

Representative payees have responsibilities

By Bill Hunot
Social Security Administration

Q. Before my husband moved into a nursing home, we were able to live on our two Social Security checks, but my own check is not enough for me to live on. My husband's Social Security checks come in my name. Am I allowed to spend some of his money on my expenses?

A. As his representative payee, you have a responsibility to spend his Social Security check on him. However, if all of his current needs are being met, his Social Security benefits may be used to help support his dependents, including his spouse, child or parent.

Current needs include food, clothing, shelter, medical care and personal comfort items. So if your husband's nursing home bill and other expenses are met, you may use some of his Social Security benefits to pay your bills. If you need more guidance about your duties as a representative payee, call 1-800-772-1213 and ask for a free copy of "Your Duties as a Representative Payee."

Since you're having some financial problems, you also should be aware of other programs that might help you. Call your local office of the Division of Family Services (Department of Public Aid in Illinois) and ask about federal food stamps and medical assistance.

Your local Social Security office can tell you about Supplemental Security Income (SSI), a cash assistance program that helps aged and disabled people who have limited incomes and assets.

Q. My daughter tells me that I should apply for SSI payments. Will I have to sell my house to qualify?

A. A home you own and live in does not count as a resource or asset when you apply for SSI. It doesn't matter how much the home is worth. The value of other real estate does count against the \$2,000 resource limits. However, if you have real estate that would keep you from getting SSI, you can still get SSI payments while you are trying to sell that property. Contact your local Social Security office for more details.

Q. I plan to file for retirement

and Medicare benefits when I reach age 65. My 62-year-old wife will file for spouse's benefits at the same time. Will she get her Medicare, too?

A. No. Your wife cannot get Medicare until she is age 65, even if you are 65 and on Medicare. There are only two groups of people that can get Medicare before 65 — people with kidney disease that requires dialysis or a transplant, and people who draw Social Security disability benefits for two years or more.

Q. My friend applied for Social Security disability benefits recently and was turned down. Since then, I have heard that disability applications are always turned down at first and that a lawyer is needed if you want to get disability benefits. Any truth to that?

A. It is very difficult to qualify for Social Security disability benefits. Social Security's definition of disability requires a person to be disabled enough that he or she cannot do any type of

work. About 60 percent of initial applications are turned down. Please advise your friend to appeal the decision made on her claim.

It is not true that you must have a lawyer to get disability benefits, but you have the right to be represented, if you want, in any Social Security business.

Address questions for Bill Hunot to West County Publications, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Medical center hosts Yule party

St. Elizabeth Medical Center Alumni Christmas party was held at Brenda's in the Knights of Columbus Building Monday, Dec. 6. Members and guests attending totaled 40.

A delicious meal was served. Each person present received two gifts, one of which was crafted by Joe Lucido.

Entertainment was provided by Richard and Marietta Jones. The next meeting will be March 17 in Pascal Hall at SEMC.

Volume 91, Num

Briefly

Christmas ser

at Venice ch

New Salem M Baptist Church, 1 St. Venice, will h cial Christmas Da at 8 a.m. Saturday.

The Rev. Lucie gence, associate will be the guest.

The church will cial New Year's E service at 10 p.m. Dec. 31. Youths of will be in charge o Year's Eve serv

The Rev. John F. liams, New Salem said everyone in the nity will be welcome New Salem's serv

Class to beg

The Granite C District will offer sion of Slimettes a old Brown Recre ter.

The classes wi each Monday and day from 7 to 8 instructor will b Wiehardt.

Registration w beginning Jan. 4 at the Wilson Park c classes will start. Fees are \$10 for trict residents an non-residents. En limited and taken come, first-serv

Honored by

Mary White, clerk/stenograp Granite City, is a Union Electric C es honored by the Metropolitan St. "leader lunch" a Regency. The an recognizes worki at all levels in

"Certificate of ship" went to w Louis-based com They were non their employers standing work p and community

Food at ch

Free "meals heart" will be pr 4 to 6 p.m. tod Zion Baptist Cl Mockingbird La

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Police
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Helen Bus
Fred Flaug
Bertha Hal
Clarence H
Eula Lacey

75 year

Dec. 24
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practice afte
season.

Trivia

Who was
at the Wash
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Oct. 9, 1912?

RETIREES, HOMEMAKERS,
COLLEGE STUDENTS, SEMI-RETIRES
MAY-BE YOU?

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CALL KATHIE AT 351-8150



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BARGAIN HUNTING? TRY THE CLASSIFIEDS!

At Memorial Maternity Center, we believe that having a baby is one of the most joyous and exciting events in life. We want to make this event a positive one for you and your family. Our childbirth education programs are designed to help you prepare for a birth experience that will get you off on the right foot.

Early Pregnancy Class

This class addresses the questions that all expectant couples have concerning the early months of pregnancy. You will learn about baby's growth and development, physical and emotional changes during pregnancy, nutrition for a healthy pregnancy, the breast or bottle-feeding decision and preparing for childbirth. Classes meet from 7 to 9 p.m. on the first Monday of every other month beginning in January. Call 233-7750, extension 5649 to register.

Prepared Childbirth Classes

This series of four classes provides information about the labor and delivery experience as well as the birthing options available at Memorial Maternity Center. Participants are encouraged to register before the fifth month of pregnancy and attendance is limited to those delivering at Memorial Maternity

Center. There is a \$25 per couple fee. Call 233-7750, extension 5855 for class dates and times.

Childbirth Overview Class

This class provides first-time parents with an overview of the birth experience at Memorial Maternity Center. Labor, delivery and rooming-in options will be discussed. This class, limited to those who will deliver at Memorial Maternity Center, is held from 7 to 9 p.m. on the first Wednesday or third Thursday of each month. \$5 per couple fee. Call 233-7750, extension 5855 for exact times and dates.

Childbirth Refresher Class

The Childbirth Refresher Class is designed to give experienced parents updated information about the latest trends in labor, delivery and newborn care. Limited to those who will deliver at Memorial, this class is held from 7 to 9 p.m. on the first Monday of the month. \$5 per couple fee. For more information, call 233-7750, extension 5855.

Get Off on
the Right Foot



with
Childbirth
Education Programs
at
Memorial
Maternity Center -
where special
deliveries
happen every day!



4500 Memorial Drive
Belleville, Illinois 62223
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Cesarean Birth Class

This class will prepare you for the cesarean birth experience. A video presentation and discussion will help you prepare for your planned cesarean section. Held on the fourth Tuesday of the month from 7 to 9 p.m., there is a \$5 per couple fee. For more information, call 233-7750, extension 5855.

Prenatal Breastfeeding Class

This class is designed to provide information to those who are considering breastfeeding their baby. The class meets from 7 to 9 p.m. on Wednesdays of every other month. For more information, call 233-7750, extension 5855.

Breastfeeding Follow-Up Class

For women who have just started or are currently breastfeeding, this class addresses practical considerations and will provide important information and support for nursing mothers. This class meets at 10:30 a.m. every Tuesday in the HSN Room (located in the hospital basement across from the cafeteria). For more information, call 233-7750, extension 5855.

Baby Care and Parenting Classes

This two-class series teaches you how to care for, play with and protect your infant from birth to age 12 months. Topics presented

include: newborn care, infant feeding, bathing your baby, when to call the doctor, encouraging home and toys safe, returning to work, finding a good babysitter and traveling with baby. Held from 7 to 9 p.m. on the first and second Thursday of every other month beginning in February, this class has a \$5 per couple fee.

Sibling Class

Memorial Maternity Center offers a Sibling Class to make it easier for big brother and sisters to prepare for and accept the new baby. This class is designed for children ages 3 through 12 and meets from 7 to 8:30 p.m. on the first Monday of each month. Limited to children whose sibling will be born at Memorial Maternity Center. \$2 per child fee. Class size is limited and reservations are requested. Call 233-7750, extension 5855.

Grandparents' Class

This class acquaints grandparents with recent changes in childbirth and infant care practices. It discusses what it means to be a grandparent in today's world - how grandparents can positively support and influence their children and grandchildren. The class meets from 7 to 9 p.m. on the first Monday of every other month beginning in February. Class size is limited and reservations are requested. To register, call 233-7750, extension 5855.